# THE MESSAGES FROM THE COSMIC

# CIVILIZATIONS

# The Messages from The Cosmic Civilizations

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# God is Love

The cosmological picture of the world given to me by the Zeta Reticulans — the people of the Sun God of the Central Existence So, I had the honor of making contact with representatives of another, more highly developed civilization, the Zeta Reticulans, who imparted to me new information regarding the Universe, the duration of its existence in time and space, as well as its structure, metric density, and various types of matter and energy, the nature of gravity and the Sun God of the Central Existence, the system of communication between various regions of the Universe based on gravitational and electromagnetic processes, other civilizations participating in the evolution of Earth's humanity, metempsychosis and its

connection to Earth's history, as well as stories about angels—conductors of light, harmonizing energy—and their connection to the Sun.
But most importantly, I learned about the message of this more highly developed civilization to Earth's humanity concerning issues of ethics, morality, ethics, ecology, and the harmonization of human relations with planet Earth and its inhabitants.
And I am happy to share this message with you.
I'll start with the most basic point, the message that we, representatives of the earthly world, must be far more ethical in our dealings with our smaller brothers.
The problem is that we still kill animals and wage wars of self-destruction, killing our own kind.
And until we, earthlings, resolve these two issues, representatives of more advanced civilizations consider us morally and ethically underdeveloped.
And so they don't want to engage with us, because for them, we are simply unworthy of such contact.
But not all representatives of our species, but only those who, two thousand years after Christ's appearance to the world, still allow the killing of their own kind and the killing of our smaller brothers—the animals.
It's vile.
And just as vile.
feeding on the dead flesh of slaughtered animals.
Therefore, until these moral issues are resolved in our society, and until such treatment of animals and people is tolerated, We as a species will be ignored by highly developed civilizations because we will be considered not intelligent from their point of view.
And here's the explanation for why this is so.
The fact is that when God created the Earth and earthly life in collaboration with the heavenly angels, He intended the Earth

to be a Garden of Eden, where people would live in harmony with Nature—with plants, with animals, with the world around them.
He wanted people to be like children—peaceful.
He wanted the Earth to be a miracle for people.
and so that man could communicate with angels and with God, because he was innocent.
But because the fall of man, because man ate the forbidden fruit — man's morality and therefore man fell out of this pure moral state Harmony with the world.
Man began to kill his own kind, and because of this, the harmony of the world was disrupted— because he began to destroy God's plan.
Having allowed the killing of his own kind, man also began to allow the killing of animals in order to feed on dead flesh.
And thus he began to destroy the God-created Hologram of the Garden of Eden.
Man began to destroy forests in order to build his own dwellings.
And thus he turned away from God, because by killing living beings, his consciousness became clouded.
Because murder clouds consciousness.
Perhaps God intended it this way, so that those who kill living beings would become like animals living in a half-asleep state, so that they would not be too smart, because if creatures that kill other living beings became smart, then life on Earth would end.
This follows from the system of differential equations of mathematical ecology describing the dynamics of a predator-prey population.
God must have been very intelligent, and if you think about it, God is truly omniscient, meaning he understood very well that if a person behaves very badly towards others, they must be stopped somehow.

And understanding this, he most likely implanted within us certain foundations of morality, which tell us that we should love this world, love life, love people like us, love plants, and love animals.
And children are proof of this.
Because a child, when born into this world, brings us a very valuable message: that man is created with great love, and this love is implanted in man by God.
And if something goes wrong and this love is disrupted, then a person becomes sad, a person feels bad about it.
And so people begin to reflect and think, but they think until they find answers to the most fundamental questions about how to live correctly.
And all of this is also implanted in us by God.
He is very intelligent.
And so, when a person makes the mistake of killing his own kind, or killing living beings, or feeding on living beings, he becomes ill.
And he falls in his consciousness into the clouded state of a predator, whose intellect is very weak, because that's how God intended it—if you harm others, then you are not worthy of being rational, and therefore you must return again to the experience of the animal world, in which everything is very It's rigid—there are predators and there are prey, and both predators and prey are rigidly governed by the system of differential equations of population dynamics.
And the system of differential equations of population dynamics is structured in such a way that it is very difficult to escape, because it practically lacks the parameter of spiritual and intellectual evolution that allows one to transcend the resource limitations of the system and the regulation within that system.
In other words, people simply cannot reach a higher level of evolution on their own.

development from the animal state until intervention from above occurs and a correction is given to restore the previous level of morality that people had before the Fall.
And until then, people will remain in the nightmare of this predator-prey system, in which it is unclear who is the predator and who is the prey, because people who have fallen to the sin of killing their own kind and killing living beings for food simply find themselves in a statistically very likely situation where they too could be deprived of life.
only for the reason that people have long ago allowed this sin of killing their own kind.
But we also shouldn't eat dead flesh, although this is less obvious.
God sent us a man who tried to explain this, that we need to eat the living fruits of plants.
That his flesh is bread, and his blood is water, although allegorically transformed into wine, it is still simple and ordinary clean water.
But people didn't understand this.
And to this day, they continue to eat the dead flesh of animals, fish, and other living creatures.
And God really doesn't like this.
He didn't create living creatures so that man, like some kind of langolier, could gobble them up and destroy them with his teeth.
He created them so that so that we can observe and see how diverse life is, how much wonder there is in it.
And so Darwin was one of the first people to show us that God created life according to rules, very beautiful and elegant rules, which transform simple forms into complex ones, and less perfect ones into more perfect, more beautiful ones, which we like.
Because beauty is a feeling that God implanted in us, and we feel that trees are very beautiful, and we like flowers and we

really like them better Plants are more beautiful than animals, and animals seem ridiculous and funny to us.
But for some reason, we like birds more than any other animal in the world, because birds They fly, and they sing, and they can be very diverse in their colors.
And we prefer to watch and listen to birds, because God probably wanted to tell us something: that one day maybe we too will be like birds.
But we must accept the message God gave us through Jesus Christ.
Namely, we must become like birds.
That is, become simple and feed ourselves with much simpler food: water and bread.
But this message was for the Jewish people, who He lived in the harsh desert conditions, and there was simply nothing there for food except wheat and water.
But even this was good for them, because if these people had agreed to eat more simply, like birds, they would have become more sensitive to each other.
Because food is not the most important thing.
What matters is people, the most important thing is love between people, love for one's neighbor, and love for God.
And Jesus may have told the Essenes, the holy people of the Jewish people, that they could eat the fruits of plants dried in the sun, because there are such records and therefore That this really makes sense.
And perhaps in other environments, where there is no desert and trees grow, it makes sense to feed on the fruit of the trees growing there, because the human hand is designed in such a way that it is very convenient for it to take fruit from a tree.
Because man and trees have some very deep connection.
And Darwin also discovered this connection, because God most likely did not simply create man out of nothing, but he simply saw that there are creatures similar to humans who are

very cheerful and friendly, and they live in trees, and they love to eat the fruit of trees, which makes them smarter, and they love to look at and observe.
And God probably saw that they were very similar to him, because he intended that one day there would be creatures like him who love to look at and observe things, and they are very funny, because God loves to laugh.
And God was probably glad that it happened this way, that he wanted to create man in his own image and likeness, and man just appeared on his own, because it turns out that when angels work and direct the process of evolution, they can do so to do something that will make God happy and funny, that he wanted to create man, and the angels tell him, look, man himself has already appeared on the tree and now he looks like you.
But it was probably much simpler.
The Zeta Reticulans simply told us that we needed to be ethical in our dealings with one another, that is, to observe the rules of morality and ethics so pragmatically described in Patanjali's yoga treatise, namely: do no harm, do no lie, do no steal, do no covetousness, do no waste, be pure, be content, be mindful, be purposeful, and believe in God.
But they also immediately corrected these rules, because it's not enough to simply do no harm, but We need to save.
And instead of lying, we need to tell the truth.
And instead of not stealing, we need to give.
And instead of not being acquisitive, we need to share.
And instead of not wasting, we need to protect.
And so we must understand that these rules of morality and ethics of yoga are like settings that we We must establish these principles in our consciousness at a very early stage, so that we can later preserve and develop the love instilled in us by God, and by our mothers, fathers, grandparents, sisters, and brothers. Because in fact, acting in accordance with these rules nourishes love, and by following them, we will simply feel and

understand each other better, and our development will proceed in a completely different way.
Because if we act so ethically toward each other, then we will not even want to act unethically toward other beings, because we will be in the morality that God created for us, and He gave us the joy of a peaceful life, the joy of observation, contemplation, research, because life is a miracle.
And for a child who has just come into this world, this is exactly what it is!
A child perceives life as a miracle!
And this is how it should be.
It must be because of God's plan, because for God, life is a miracle!
And He created us in His own image and likeness so that we would feel the same way He does!
That life is a miracle!!!
So that we would feel one with God and with life, because we are all parts of one Hologram, which God creates in co-creation with us!!!
And He really wants us to be like Him—happy, joyful, creative!!!
Because He loves to create!!!
He creates so much!!!
And so He created our world, and the angels also helped Him.
They have been helping Him create for a very long time...
We simply need to return to the same morality that all children experience.
And it's very simple for us.
We can simply switch to a vegetarian diet.
That's all.
And we'll no longer harm plants and animals, and we'll stop offending each other.
And then other highly developed civilizations will want to talk to us—civilizations that are just like us, but have evolved at a

much slower pace, because there are many worlds, many star systems, in the Cosmos.
Even in our Galaxy, there are about four hundred billion of them, and these worlds are habitable planets on which God creates life.
And on some worlds, God began creating life earlier, and on others later, but sometimes he allows more advanced civilizations to help less advanced civilizations in space, simply to protect them from danger.
Because space can be very, very bad, because there are many different dangers there.
And there are very unstable stars that can explode at any moment, and if that happens, life in nearby star systems will disappear.
And God, of course, foresees everything, but he acts in us and through us.
But for him, we are all his creations, because when he creates life, he creates man in his own image and likeness.
— it's as if he shares a piece of his soul, and that's why we have a deep connection with God, which we feel very well in childhood.
It's a feeling of love for life.
And sometimes God asks people from other space civilizations to save other worlds from destruction.
And so the Zeta Reticulans are simply people from another space civilization, which developed earlier than people from Earth, because God simply created their world earlier, and they became very good for him, because they quickly grew up, became strong, and began to help him save other worlds.
Because God saw that they were moral enough to help him.
And they have technologies that allow them to move very quickly from from one point in the Galaxy to another point in the Galaxy to protect God's creation from danger.
They love God very much.

And they protect our world too.
We have many dangers that we are little aware of due to the fact that there are so many in our star system.
dangerous objects—asteroids.
And they are constantly working to protect us from asteroid danger.
Because they have the technology to do so.
And they love the Earth very much.
Because the Earth is very beautiful.
It has many flowers and plants, and they really like the Earth's fractal forms of living organisms, trees, plants, animals, and they also really like people, but not all of them, only those who behave very morally and ethically towards others.
And they ask us to be just as responsible for the planet as they are, because we must protect it from asteroids and other dangers associated with space threats.
But first and foremost, we must understand that we simply need to solve the problem of our ecology right now, because we are causing great harm to the Earth.
And so, environmental and ethical issues must be our top priorities right now.
Because we must fix everything so that the Earth can once again become like the Garden of Eden, so that people can once again experience that state in which we can be one with Nature and better connect with God.
Because God is Love.

# Fluctuations

So.
The Universe...
It is vast, endless, and there is no limit to it in space or time...
And yet we can find our place in it.
We are here.
On Earth.

We are the people of Earth.
And I am one of them.
I am writing this now in an attempt to explain a new view of the world that was given to me by people from the Zeta Reticuli star system.
They call themselves Zeta Reticulans, but they also have their own language, their own morality, and their own ethics.
And it is very complex, much more complex than ours.
But still, they are also people.
God created them.
They also call themselves the people of the Sun God of the Central Existence.
Because they say that at the center of our galaxy is a Great Intelligence, which is very big!
It is very enormous!
And it controls the movement of our Milky Way galaxy.
And He is incomprehensible to us, because his scale exceeds the scale of our small individual minds.
But despite this, we can understand him, because he is our Creator.
And he created us in his own image and likeness.
And this is written in the Bible.
God created man in his own image and likeness.
And this is also true for the people of the Sun God of the Central Existence from other worlds, because God really loves this kind of story; he loves to create beings that are in some way similar to him.
Because he knows that if you create self-similar fractals that are capable of evolving, then when they grow up, they will look at God the same way he looks at them, and for him, this is joy!
He is very happy when this happens!!!
Because it is pure surprise!!!

To create something that will look at you as something, that looks at you the way you look at it!!!
It’s just like looking into a mirror that is directed at another mirror.
This gives you a feeling of something limitless.
There is some kind of bliss and happiness that this is simply possible.
But God is very kind by nature, because he loves to create.
And he certainly reminds us of a child who loves to study, examine, and be amazed at something!
And for him, this is amazing when he creates a program and sends it to be executed to create life on some planetary world, and then switches to programming another program for another planetary world, or turns his attention to another star system, where there is also some world that he created, and he can study, program, switch for a very long time, then Again, he examines, then programs, and switches, and this can go on for a very long time, but then the angels remind him that this world is the one you programmed at the very beginning—we built it, because angels help God build worlds according to His design.
He then switches his attention to this world and begins to examine it, and is amazed—what a beautiful world this has turned out to be, and how wonderful everything in it looks, and here I see people, yes, they are somewhat similar to me, doing something, looking, thinking about something, trying to understand something...
And if people treat each other very ethically in such a world, that is, love each other, rejoice, laugh, create something beautiful, kind...
then God likes such a world, because God is kind.
And this is within us, we all love goodness, and God created us this way, because this is how He Himself is, and it is simply natural.

So God probably created a lot of human civilizations on other worlds, because the time of existence of the Universe, according to the calculations of our scientists, is approximately thirteen point two billion years, and the Zeta Reticulans report that the Universe was formed much earlier, or rather not much earlier, and it never formed and will never disappear, and what we observe is our observable The Universe, and they've been collecting information about this observable part of the Universe for a long time now, saying that they see a visible part of the Universe of approximately seventeen point six billion light years.

And the event we call the Big Bang most likely never happened, because they claim they haven't detected any center of such an explosion, even though they've flown their starships to other galaxies.

And it's possible that even if the center of such an explosion could be detected somewhere, we don't know where it is.

But even if this center does exist, it's nothing more than the center of the explosion of our local bubble Universe, beyond which there may be other such Universes, which form part of the so-called Multiverse.

That is, it's possible that there is our Universe and other Universes beyond it, and together they constitute a Multiverse, which also has no end or edge in either time or space.

And this is also surprising because this is just one of the cosmological models they discuss.

And this is a very interesting model, because physicists are currently trying to understand which model of the Universe is most accurate—the model of a single Universe, in which all the parameters and constants are set at its creation, and we have been observing this Universe for several tens of thousands of years, beginning with the first human who proudly raised his head and began to look at the stars.

Or, more precisely, the model of Multiverses, in which there are many Universes with different sets of parameters, in which physical laws differ significantly or may be similar, but the point is that they may be completely different and with different sets of parameters, so it will be difficult to imagine what other Universes with different physical laws and different constants and parameters might look like; what might they even resemble?
But the Zeta Reticulans say that someone, namely Buddha Shakyamuni, transcended the observable universe, because it is possible.
Because there are mystical abilities, which in the East are called siddhis, and one of these abilities is acquired through a very righteous life, when a person very strictly adheres to the rules of ethics, which are previously indicated in the teachings of yoga as yamas and niyamas, and which are simply explained by Jesus Christ: that one must simply love, love people and love God, love life, plants, animals, simply so that there is love and harmony in a person and around him.
And when God senses that such a person exists on Earth, God can give that person something.
And this is one of these gifts for a righteous person who loves everyone and has a very blissful atmosphere around him, so that everyone feels good from it.
The fact that such a person is nearby is divine vision, and God can see very, very far away.
And so Buddha most likely saw something beyond our Universe, because that he left a message in his Diamond Sutra that the worlds are innumerable and as numerous as the grains of sand in a vast desert...
And the Zeta Reticulans love Buddha very much and they preserved his messages, because they sometimes do that, and so they even said that Buddha sometimes communicates with them through a secret connection, but they said that he is the

only person who has gone beyond our observable Universe or the local bubble of the Universe.
And they say that Buddha told them that beyond our local bubble of the Universe, or more simply beyond our Universe, there are many other Universes in which everything is arranged somewhat differently, and that There is a message between these Universes, that is, the Universes communicate with each other, transmitting some very important information to each other, but they probably didn't say what exactly, or perhaps I just don't remember it.
In any case, it could be very interesting that since the Universes communicate with each other and transmit some kind of signals to each other, then most likely they are intelligent.
And so it is — the Universes are endowed with Intelligence, and one can assume that in fact Intelligence is the general property of the Universe is that it is simply to be a living self-perceiving and self-transforming miracle, which is similar to a fluctuation in space-time like a photon, which is also just a fluctuation of light oscillation of the electromagnetic field, which simply propagates in space-time — due to This is what causes various transformations in our world and how we humans perceive this world, because photons transmit information about the state of objects they once touched or from which they were created.
And so it turns out that everything in the Universe or Multiverse, as you like, is self- similar to what's at the top.
on large scales of space-time there are Universes that are very long and complex fluctuate a lot, because it can take tens of billions of years by our reckoning of time, but down below, on the small scales of spacetime, there are simply photons .
They or photons— whatever you prefer) that fluctuate very quickly, and the same thing happens, but much faster, and it looks much simpler—a photon flew in from somewhere, we perceived it, and that's how it looks like just one instant.

— It was dark, it seemed, then someone turned on a flashlight, then it was dark again.
That's all.

# No need to worry about aliens anymore

Representatives of more advanced civilizations currently on our planet report that people no longer need to worry about aliens!!!
Because they've been here for a long time, and Earth is as much their homeworld as other inhabited worlds.
They report that they've indeed been observing processes unfolding on Earth for a long time, and many of them have already undergone the human experience of earthly incarnations.
And they've often adjusted the course of our evolution and the development of our civilizations because they were so eager to help people and wanted to experience earthly incarnations themselves.
But we really have nothing to worry about, because it's all very simple.
They're already among us, and there are many of them.
And we have no way to distinguish a person who has arrived here from another world.
help us in our evolution or simply experience earthly life from a person who has earthly origins.
Because we are very similar!!!
Because for God in fact, there are no differences between people from different worlds, since God created many worlds and people on these worlds in his image and likeness, and therefore all people of the Earth are equally equal for him, and we are all equal before God, and we really They're all very similar!!!

And Earth humans are very similar to humans from other star systems.
And so we must understand that they are like our brothers, only they are older brothers to us, because they simply developed earlier, because God simply created their worlds earlier.
And He simply decided to save our world and sent their spaceships to save it.
of our world.
Therefore, we have absolutely nothing to worry about.
And that's why many Christian icons feature flying machines with people in them, because holy iconographers note that they see them, and that saints sometimes visit their flying machines, because people from other worlds are very fond of saints and righteous people from Earth, because it is saints and righteous people who are closer to them, because they feel a better connection with them, because holy and righteous people experience a deeper sense of love and the grace of God, because God, the creator of the Universe, is very kind and loving, and he simply connects people from different worlds to save his people and the worlds he created, and he simply loves people very much.
So we don't need to worry about aliens anymore.
Because there are no such things as aliens.
None.
There are God's people.
And these people are like family to us, like older brothers and sisters.
And they help us a lot.
We just don't understand it yet.
They work very hard, they try very hard, they protect our planet from asteroid danger, because our planet is very fragile, our world is very fragile, and in our Galaxy there are many dangers, because in the Galaxy there are areas in which there

are very, very many dangerous processes that can destroy the Earth.
And that's why we need to try very hard to grow up faster, because we are still very immature, we need much to understand more.
And for this purpose, information is transmitted to us through prophets and righteous men, through ordinary people who write holy scriptures.
Therefore, we all need to study the holy scriptures and accept the wisdom of the holy scriptures in order to live a more ethical life.
Because if we are more ethical, more moral in relation to ourselves and to each other, in relation to our smaller brothers — plants and animals, in relation to our world — our planet, if we protect our nature, then we will evolve much better and faster, and we will sooner reach adulthood, when we can stand up and say, "Here we are, people of Earth, ready to stand up for the defense of our native world!!!
And we are ready, by uniting our countries-families, to work for the good of the Earth and protect it from the threats of Space!!!" And then we will have our own space flotilla, and the countries will be united by a single world government, which will, on the basis of the science of prognostics, carry out the management of all global processes in the good of all living beings and planet Earth.
And it will be very cool!!!
And all of this comes from us They're really looking forward to it, because the people who are currently working in orbit are very tired, because they, like our astronauts, are constantly in this state, when there's the noise of technology all around, when you need to quickly handle dangerous situations, fuss, try very hard to solve safety problems associated with space explosions, radiation, asteroids, meteorite hazards, and other dangers that we may have very little understanding of, because

sometimes very dangerous processes occur in space, and therefore God needs very mature, courageous, and brave people who are very resilient and can very quickly solve very complex technical problems.
And that's why we must develop astronautics and space technology.
But in order to develop We need to learn the most important thing: we must be more ethical.
Because if we are more ethical—that is, if we act according to the rules of Yoga, the commandments of Moses, Buddha, Lao Tzu, Confucius, Jesus Christ, Muhammad— then we will simply think better, because only when we act according to the rules, observing ethics, do we develop very quickly, because no one interferes with each other, but everyone acts as a single, well-coordinated organism.
And this is what God intended, that if at the beginning of the creation of life we were given A set of specific rules is encoded in a cell's DNA molecule and stored in the cell's holy of holies —its nucleus—as in a temple.
From the cell, life emerges as a large multicellular organism that functions in a harmonious manner, because all the cells within the organism understand that they are part of the same organism, and they understand that they must work for the common good, because they simply cannot work any other way, because this is how God programmed it.
And therefore, we must greatly value and respect all the holy scriptures given to us by the one God and live with each other in peace and harmony, because all the holy scriptures are all part of God's single plan, which simply leads different civilizations to peace and prosperity, but he leads them along slightly different paths because he understands much more.
And most likely, he created all the sacred scriptures in such a way that they, like parts of a single program, coincide, because their meaning is one—to live like a human being.

But there are differences in the sacred scriptures, and therefore some people receive one experience, while others receive another—and this is very much like parts of a single organism. It's just that somewhere there are people who are more inclined to industriousness—and God probably leads them more through work, while somewhere else there are people who prefer travel, and God perhaps gives them adventures, and perhaps there are people who simply love to think a lot, and God gives them very complex puzzles that they need to sit and solve.

So how to combine all this, how to avoid conflicts between people—this is probably the most difficult thing, but such a person will surely be found, and people will be born who will find a way to solve this problem.

Because this is how it turns out: God loves all peoples, because he created us from Adam and Eve, and we are all brothers and sisters, but understanding our unique characteristics, he simply takes into account that we must somehow organize ourselves.

And so it's all very simple—we simply need to follow the sacred scriptures we have, given to us where we are.

And it's very easy to do.

But if you need to make a conscious choice about which sacred scripture is best to study and honor, then you need to listen to God's advice and simply listen to your heart.

This can sometimes happen, but it's rather rare, and even then, you can choose very wisely—precisely what your heart tells you.

And your heart is a very reliable source for self-knowledge. Because God created it in such a way that it is Love that connects the worlds and the heart is in the middle and connects everything in a person, and it is in the heart of a person that this feeling is born.

Therefore, it is necessary Listen to the voice of your heart!!!

If your heart feels good and the people around you feel good, then this is the right path!!!
Because this is the path of Unity!!!
In which everything comes together!!!
And everyone likes everything!!!
Everyone is happy!!!
And we need to leave the past in the past, because in the past there were a lot of conflicts and misunderstandings, because people are like children, and they are still growing up, therefore We simply need to accept the world as it is today and not delve into this past, which contained so much that was terrible and evil.
And it's probably best not to turn to the ancient gods of the past or explore pagan cults, because it's like archeology—sure, we can dig around in the Earth for ages and examine the remains of ancient civilizations that have long since disappeared into the sands, but we don't need that now, and even that is very dangerous, because we could simply stick our heads in the ground like ostriches and hide in the sand, and then a meteorite from space might fall upon us from above.
What a shock!!!
And let all the ancient gods and people rest in peace, and we'd better get down to science and religion.
And let's, for example, better understand and study man.
Because we simply don't understand each other, and we really, really need it!!!
And that's Science She will help us in this matter!!!
Science has great potential, and perhaps if we study scientific disciplines better, we will mature much earlier, but we must understand that without Religion, science can be very dangerous, because Science is a very young instrument of knowledge, and Science is driven by people who can make mistakes, so it is not very reliable, and Religion is given to us by God from above.

And therefore, we must be religious, we must honor our parents, teachers, prophets, saints, and Buddhas first and foremost, and then, based on this, we must very ethically try to use science to find answers to life's pressing questions, which They touch on other aspects of existence that are also very important, but not as important as questions of human ethics, which are better illuminated in religion.
And so, if we develop on the basis of religion and science, we will be much better off.
And so, we can very quickly mature, because this is how human thinking naturally develops: first, a person masters dialectical-idealistic thinking, and then switches to dialectical-materialistic thinking.
But we have seen in our history that things turn out very badly when we deny our previous achievements.
People who reject religion come to power—they act very unethically, and therefore people suffer later because of the mistake they made.
Therefore, in government there must always be people who reason strictly ethically and adhere to strict religious rules, which are simply the wisdom of God.

# For the benefit of all living beings

So, our telescopes currently on Earth and in near-Earth orbit . They (WMAP, Planck) receive a signal from distant stars, which indicates that our Universe has existed for at least 13.8 billion years.
Meanwhile, data from the highly advanced cosmic civilization of Zeta Reticulans suggests that the Universe they observe has existed for at least 17.6 billion years.
The LIGO gravitational interferometer and the research team working with it give a slightly different estimate of the existence of the observable Universe, from 11.9 to 15.7 billion years.

Perhaps this says something about the scale of the Universe itself and perhaps about the inaccuracy of our calculations, because in estimating the age of the observable Universe, we are missing a very important word – observable.
We humans have not yet gone beyond the solar system, and as Konstantin Eduardovich Tsiolkovsky, affectionately and respectfully called KETs, said, “The Earth is a cradle, but people cannot flounder in the cradle forever.” So, our older brothers and sisters from the Zeta Reticuli star system have already visited other regions of the Galaxy and even managed to visit neighboring galaxies from the local group.
And they say that wherever they have been, they have not found the end or edge of the Universe!
This is very, very exciting!
Because it could be that the Universe is truly infinite in space and time, and the multiverse theory could be either true or false.
Although this is a very important question, and modern physicists have been struggling with it for a long time.
And they are still haunted by this strange particle they call the Higgs boson, which, thanks to a writer-journalist, has been turned into the God particle.
And Perhaps it's not a coincidence, because His Majesty Chance is another alias for God.
So what is this magical particle that the press has given such a grandiose name?
And who has seen it?
But very few have actually seen it, or rather, haven't even seen it.
They've observed some data related to resonances arising from the collision of beams of what are likely protons at very high speeds and very high energies at what's called the Large Hadron Collider.

Peter Higgs, meanwhile, hadn't seen anything like this wondrous particle, but he predicted it purely theoretically.
So, physicists working at CERN's LHC, remembering his work, decided to honor him by naming the particle after him.
The Nobel Committee itself even awarded him the Nobel Prize for this important theoretical discovery.
And since then, physicists have become confident that the standard model of the Universe, consisting of a set of 16 elementary particles, is correct, and the Higgs boson very beautifully and elegantly crowns this model, endowing particles with the property of inertial mass, and at the same time very beautifully and elegantly explains the mechanism of endowing bodies with mass.
And it is very beautiful and elegant to think that space is not actually empty and in it There's nothing there, but in fact, it's permeated by the so-called Higgs field, which can simply be imagined as a multitude of Higgs particles that fill space.
And maybe they don't just fill space, but form a kind of crystal, in which there's a crystal lattice at the nodes of which these very Higgs bosons are located.
And this is a very beautiful hypothesis, because Maxwell, in his article on the ether, which can be read in the Classics of Science series, in a book dedicated to his research on electromagnetism, discovered a certain paradox regarding the properties that the world ether, in which electrons propagate, should have.
magnetic waves—photons.
And he noted that, paradoxically, the world ether must necessarily possess the properties of a crystal with a very high density—a density much higher than the density of all matter known to that point, which modern physicists call baryonic.
And perhaps this is indeed the case: what we call Gravitational waves are in fact simply waves in the Higgs field, because it is

probably impossible to imagine spatial waves that influence the linear dimensions of physical bodies in any other way.
And so the Zeta Reticulans say that there is such a parameter of space that they called the metric density.
And that in fact the metric density varies among different astronomical objects.
And they say that in black holes, which We observe a higher metric density at the centers of galaxies, so it's actually possible to study the processes occurring in black holes, since the metric density changes simply when moving from one space to another.
However, some objects can experience such changes, while others cannot.
Therefore, modern physicists hope that they will one day be able to understand what lies beyond the event horizon of black holes, and this is crucial for a complete physical picture of the world.
The metric density parameter is related to the parameters of the Higgs boson particle.
This is the most interesting aspect, because if we exclude electromagnetism and electromagnetic waves from consideration, the metric density parameter is defined simply as the number of Higgs particles per unit volume in the metric system.
This is crucial because the metric density parameter can differ near gravitating objects that possess the property of density.
In fact, Newton's law of gravity can have a very simple explanation in terms of fluctuations in the metric density parameter.
Because two objects that are attracted to each other can simply screen the gravitational field and interference can occur in the space between them, which reduces the metric density parameter.

This is very easy to understand using an analogy: if you observe the situation in a seaport between two closely spaced vessels, wave interference occurs due to the waves alternately reflecting off the hulls of the vessels, which reduces the pressure force of water particles in the area between the vessels.
relative to the force of particle pressure from the outer sides of the ships, so the ships gradually approach each other.
And the same thing happens in space between gravitating objects, because space is filled with Higgs particles, which very similar to water, with the only difference being that water fills only a portion of the entire land surface on our planet, while outer space surrounds us on all sides, and the Earth is more like an island lost in outer space, which the Zeta Reticulans affectionately call Treasure Island, because for them it is a very, very precious island, which contains biodiversity and an abundance of various living organic forms of fractals, which they love very much.
And they are very eager to come down to us as soon as possible, to live with us in this miracle of colors, flowers, matter, waves and water, and grass — and they love all of this, and so they are the same as us, they are very They love nature, but they can't just come down here to unwind and relax in this heavenly place, because they have tasks they must responsibly solve.
And they themselves are very responsible.
And they want us to become just as responsible for our planet, for the world we live in.
And we simply need to grow up, become more ethical and pragmatic in life matters, and begin to value life more than we did before.
We simply must end all military conflicts on the planet as quickly as possible and begin to build a world together in which everyone lives in harmony with each other and with

nature, but without neglecting the technologies needed to protect this world and live a full and comfortable life without harm and for the benefit of all living beings on planet Earth.

# We are God's people

So.
In my previous post, I talked about the God particle—the Higgs boson—and why this particle is so important for understanding the nature of gravity and outer space.
I also talked about the density of the metric, information about which was given to me by the Zeta Reticulans—a highly advanced civilization from the Zeta Reticulans star system, located here, near us, and protecting our world from asteroids and other cosmic dangers.
And here, our older brothers and sisters immediately correct me, because they recall the meaning and significance of the word "cosmos." More accurately, the danger comes not from the cosmos, but from a certain disorder present in our Galaxy, which the clever ancient Greeks came up with the idea of "Chaos." So, our older brothers and sisters from the Zeta Reticulans star system protect us and the Earth from the Chaos that exists in our Galaxy and even partially in our Solar System, because asteroids are truly hell!
And it’s even worse, because the three-body problem in physics has a fundamental instability—it’s practically impossible to predict how exactly large particles will move during their multiparticle interactions and collisions, and that’s exactly what’s happening with various asteroids.
And because of this, it's very dangerous when a stellar system contains unformed planets, or when, for some reason, stellar systems pass through areas with large clusters of these terrifying, multi-kilometer- long boulders floating in space and captured by the gravity of our sun.

But more than that, there are other dangers associated with gamma rays emitted by pulsars or supernova explosions, which can instantly incinerate all life on the surface of any planet within the radius of such objects.
All of this is very, very serious, so it's important to understand that even if any civilization has achieved a high level of development in space, it's most likely not interested in this kind of work.
Some stupid things, like plundering planetary worlds or waging planetary wars—which, at a high level of development, are considered something primitive, like barbarism.
Advanced space civilizations love peace and harmony, and respect all planetary worlds where people share these values. They also respect other worlds with different values, and, as a rule, do not interfere in their lives without a compelling moral and ethical reason.
And here on Earth, although we have some local conflicts—military or political—they are all the work of our own hands and minds.
That is, it's us humans who misunderstand something, and they simply don't interfere.
They understand that we simply need to be monitored and protected, like brothers and sisters who are not yet very intelligent.
And this is our primary task—to teach our children and future generations so that there are no more conflicts on our planet, and so that we can more seriously begin solving the most important planetary problems of restoring the environment, eradicating poverty, ensuring that everyone is fed, well-fed, and clothed, that everyone has a home, heat, electricity, and high-quality healthcare, so that people get sick less often, and ideally, that there are no diseases at all, because this is also very important.

For as the wise Greeks said, "A healthy mind resides in a healthy body!" And so, if we accept this as a serious task for everyone, so that every person from childhood thinks about it and does something about it, at least improves something — then in this case we will gradually come to our best state, in which it will become clear in our consciousness that now we are ready to take the next step — to join the community of cosmic civilizations, who will be very glad to see us as their brothers in mind, although smaller, but nevertheless already such serious, mature people from planet Earth.
So that's what I was talking about.
I wanted to talk in more detail about the metric density parameter.
Because it's a very important parameter, needed to explain the structure of the Universe and the organization of its order.
The metric density parameter is very easy to understand as the number of Higgs bosons per unit volume of space, but this is a very simple explanation, which, however, may not be accurate, because what is it that we call space?!
Perhaps it would be more accurate to talk not about volume, but about the average distance between particles that make up the crystal of space, and measure This is the average distance based on data from quantum sensors that will be sensitive to the Higgs field, so that average distance measurements can be made in any given case.
But here we find ourselves in a strange situation, because our civilization does not yet possess such sensors, and we still have a very poor understanding of gravity.
But the cosmic civilization of Zeta Reticulans has long since studied all these aspects and has come to the absolutely astonishing conclusion that this is, in fact, very An important parameter is the metric density, which helps explain much of our Universe.

This parameter, oddly enough, is associated with important cosmological objects we call black holes.
At the center of our galaxy, there's also such a very important object, which we suspect is also a black hole.
However, the Zeta Reticulans are hesitant to call it a black hole because it's a very, very strange, and at the same time, incredibly interesting object.
Therefore, from a scientific perspective, it's more accurate to call it a quasar, because it's very, very similar to a star that shines very brightly, as if illuminating the entire galaxy with its light!
And now I must digress, because this is the secret of all secrets!
And we must speak of this very ethically and poetically!
Because this isn't just any quasar!
This is the Sun of the Central Existence, which is the God of our Galaxy!
Because it is there, beyond the event horizon, that the vast and incredibly bright Intelligence of our Galaxy resides!
And it carefully and lovingly monitors everything that happens in all the star systems located in the galactic arms, watches over all life on all the planets, because this is perhaps the most important thing for the God of our Galaxy—to ensure that all living beings are well, that everyone is happy to participate in this miracle that he created for himself and for us—his living, sentient, and perceptive beings...
Yes, it would be better to step aside a little now, go into the kitchen or whatever you have there and pour yourself some tea, to feel a little of that love and care, to experience a bit of happiness and joy for the fact that we now live in a world truly created according to the intelligent plan of the Creator, the Almighty, who gave us the opportunity to be here, to feel good and warm, and to have the opportunity, at least sometimes, to look at the beauty of the world He created...

And now, of course, I don't feel like discussing anything further, because, as my classmate Anton used to say, "everything is already clear." But I still have to finish this story about the density of the metric and the structure and composition of the Universe, or at least our Galaxy...
It's all very simple, really.
There's nothing in the Universe other than a single object, which can be called the World Hologram...
And I believe that Max Planck was actually quite right about the statement he made at the beginning of the last century, and which is that "The world is one and whole, but there is no head that could understand it." I certainly don't agree with the second part of the statement, but the point is that the world really is "one and whole." And it couldn't be more timely that the discovery of holography technology, several decades after Father made this statement, quantum physics, created the precondition for understanding that the whole world is indeed It's simply a very, very complex multidimensional hologram possessing fractal properties, primarily self-similarity.
Although the origins of these fractal and multidimensional parameters aren't entirely clear, as physicists have discovered by studying the motion of galaxies through ground-based and orbital telescopes— There was once a moment at the very beginning of time, that is, somewhere around 11.9 or 15.7 billion years ago, according to our earthly estimates, when all the matter in our Universe was in a singular state, that is, at a point somewhere in the center of the Universe.
And then, at some subsequent moment in time, an event occurred, which we call the Big Bang!
And since then, this World Hologram began to acquire increasingly bizarre features, that is, characteristics that we associate with the properties of fractality and multidimensionality, namely particles, waves, voids and flows, or matter, energy, space and time – depending on the definition.

I like it, depending on the level of abstraction.
And so, you can very simply look at the Universe as a hologram, in which there is so much, so much Everything, but it can all be reduced to these four concepts: matter, energy, space, or time.
And so, in fact, even these concepts turn out to be connected, because there are very strange objects in the Universe that love to connect everything, and it is because of them that events like Big Bangs, Big Crunchs, and much more occur!
Because black holes, in fact, are self-observing spaces that receive transcendental information from the spaces around them, process this information somehow, and then produce changes in this transcendental reality, which is located outside the event horizon.
So we then observe various strange events that we can call the miracle of the origin of life, the formation of planets, stars, and galaxies, and pleasant chance encounters with our cosmic brothers and sisters in intelligence from distant regions of our Galaxy, who are surprisingly similar to us!
And it is very, very wonderful to be here now and write these lines to you, using technologies whose development They—our cosmic brothers and sisters—most likely contributed to.
Because most likely these are Their gifts, which we should value very much, because they help us to communicate better and better experience that very feeling of unity and integrity that we call love, and which is probably the feeling of experiencing the unity and integrity of the World Hologram, which the God of the Sun of the Central Existence creates for us.
Love is very important to us.
And we must understand that if we behave wisely, we will experience this feeling better.

Because the Sun God of the Central Existence wants us to feel that we are all part of his Hologram, which he has been creating for a very long time.
He cares for all of us very much.
And he sends us a great loving greeting, and he wants to let us know that we are all People created by him in his image and likeness.
And he wants us, just like him, to feel part of a single family—we are all part of one Hologram, which he creates for all of us, so that we can live, love, create, and enjoy life!
So, returning to the metric density parameter, we are all very similar to our Creator.
We are also living and self- perceiving beings.
And most likely, we are also Hidden within is a particle of the same singularity that exists at the center of our Galaxy and which possesses the full properties of the entire Universe.
And this particle is our mind, or Divine Spark.
And it's hard to imagine that this Divine Spark exists on its own without any connection to the surrounding reality, because the world we observe is very real, and we constantly record it with our senses.
Our senses perceive reality, which is digitized by them into a real physical signal in our nervous system.
And what happens next is the mystery and secret of all mysteries!
Because we don't really know how this physical signal coming to us from the senses is transformed into what we call the picture of reality we perceive, connected with our feelings, thoughts, sensations, vision — but all of this undoubtedly also has a completely physical nature, although most likely there are paradoxes here, because we don't know where exactly this synthesis of signals from the senses physically occurs, and where exactly we observe that very quantum hologram

reflecting our inner experience of experiencing the unity and integrity of the life we perceive!
And this is a miracle!
This is the most mysterious of the miracles of our life!!!
And we must treat each other as God's people, carrying divine sparks within us, and sharing with Him the feeling of unity and integrity of the entire Universe, which we so affectionately call Love...

# Path

It's time to finally explain why this metric density is needed.
Because the metric density very well describes the properties of the heterogeneity and structure of the material that makes up the Universe.
It's very simple.
Space, in the absence of baryonic matter, has a certain non-zero metric density, which can be taken as a certain minimum metric density value.
And this value depends on the properties of the Higgs boson, that is, most likely on the number of Higgs bosons per unit volume.
A more precise definition is related to the average distance between Higgs bosons in the crystal of space, which I gave in my previous message, but this will make it clearer that the density of the metric is simply the number of Higgs bosons per unit volume in the metric system.
Now let's consider what happens if we introduce into space certain objects with non-zero density—baryons and mesons, or more precisely, protons, neutrons, and electrons, which make up almost all matter in the Universe.
Let's agree to simply call these baryons and mesons matter, because that will make it easier to explain why this metric density is needed.

Right now I am not receiving a signal from another civilization, and this is just my attempt to remember and explain what they meant and why they talked to me about this parameter for so long.
There's just matter that fills our Galaxy, namely the spiral arms, the planetary nebulae in them, the stars, the planets.
And there's space in which there is...
These Higgs bosons, which are found in free regions of space, that is, outside the ecliptic plane, where there is very little matter, most likely form a crystalline lattice—that is, it is simply a crystal, although I'm not sure of this, so this needs to be investigated.
But it is possible that it is a crystal, and we perceive the vibrations in this spatial crystal as gravitational waves.
However, near the matter located primarily in the equatorial plane of our Galaxy, a strict crystalline structure is most likely absent, because there is likely some peculiarity in the interaction of baryonic matter and Higgs bosons.
And most likely, this interaction leads to the formation of gravitational vortices, which prevents planets and satellites from colliding with each other, but maintains some equilibrium distance between them.
But this is taking into account dynamics, because vortex dynamics very well explains the existence of Lagrangian points, at which the gravitational field does not manifest itself.
Newton's law of gravity is very well explained in this way: a region of turbulence simply forms around planets because the planets disturb the Higgs field of particles, and the stationary flows that arise in the Higgs field of particles lead to the formation of gravitational vortices, which most likely have a torus-shaped geometry if we're talking about the combined gravitational field of a system of two gravitating objects, such as a satellite-planet, a planet-star, a star-star, or other systems comprising objects with roughly spherical geometry.

The gravitational field of individual objects, however, most likely depends on their geometry to a greater extent, but should also likely be spherical if the individual objects themselves possess this property.
And thus we arrive at this beautiful picture, in which everything in the Galaxy is packed within mutually nested gravitational vortices with torus-like geometry.
And these vortices move, subject to a single momentum, which rather determines the center of our Galaxy, or rather the God of the Sun of the Central Existence, because At one time, most likely, this vortex movement did not exist, but then it appeared and rather everything began to intensify, but this is not simply because someone wanted it that way, but simply because particles have such a property, to form vortex rings in two-particle interactions, which, when combined into larger systems, lead to this picture of the Universal dance, subordinated to a single rhythm, which is most likely somehow regulated by the God of the Sun The Central Existence, but we know little about it yet.
But perhaps one day he will tell us, or we will make such a discovery, because it is truly fascinating to understand why our Galaxy rotates on its axis at such a high speed of 600 km/s and who ordered such fast music?!
No seriously, is there really a DJ at the center of our Galaxy who loves the same magnificent music that we have been listening to for only about 50 or 200 thousand years of our species' existence?
And once again, the Sun God of the Central Existence sends us a warm greeting!
Because he loves it when people possess at least a modicum of common sense and at least a little enthusiasm, which allows us to have fun discussing the music of our Galaxy.
"This gives him hope!" the Zeta Reticulans tell me.
Yes, we love music too!

And our God loves music too!
And we all love music!!!
Yes, that's how quickly we arrived at a simple geometric understanding of the nature of gravity, but it's still better to reread my previous message to understand why Higgs bosons, like water, rather filling the Universe, lead to the formation of these gravitational vortices and to the mutual attraction of all matter in the Universe, albeit in such a rather strange way.
We continue our discussion of the metric density, and once again I find myself wondering whether this parameter is even necessary to explain the strange things that happen between objects that somehow attract each other?!
But no, this parameter simply explains very well another aspect of our Universe, which is related both to the force of gravity and to the existence of strange objects we call black holes, and Which are perfectly suited to the role of subjective, self-observing spaces, which can be simply called minds.
But the existence of large black holes is a perfectly astronomically observable phenomenon for us, and we see the gravitational lensing effects that Einstein predicted in his equations.
The existence of microscopic black holes, however, is not entirely clear to us, because we don't observe anything like it.
Nevertheless, logically, we can easily conclude that our subjective perception is quite physically real, although not directly connected to the external, transcendental reality that Immanuel Kant called phenomenal .
They!), but he, like most likely all rational beings, considered it unknowable because it lies somewhere beyond the subjective picture of reality we perceive.
And this is definitely true, because it cannot be that in the same Universe the same object will have different colors, because one person, for example, is colorblind, and another person is healthy—but they see everything differently.

And this is a direct indication that the subjective space is located somewhere most likely near the body, perhaps inside the brain, because all the information flows from all the senses converge there.
This is all wonderful, but it is the task of future researchers to penetrate the physical nature of the mind.
For now, we can content ourselves with the fact that we have a simple hypothesis that the mind most likely has the nature of a black hole, although perhaps a very small one, and perhaps even the size of a black hole.
Roughly an atom, because someone in the East long ago explained that the soul is the size of an atom, and the ancient Greeks then reasoned that most likely everything consists of particles, which for some reason they also called atoms, although for them it was something possessing the property of indivisibility.
And since then, no one has connected these two ideas, and now I am most likely receiving a stream of information from our elder brothers, and most likely they are hinting that it is time to grow up and understand that even the smallest particles of our Universe have a soul, because in fact God is Love, and the World Hologram possesses the property of integrity, and so the Soul is, as it were, spread throughout space, but in some areas there is simply more of it, and in others less, although this is very, very imprecise, because what does this mean?!
Isn't space itself animate?!
But most likely not, and space is animate, but the properties of the Soul in different manifestations associated with different states of matter are simply different.
So there is simply one World Soul—and we are its particles!!!
That is why we can experience Love, Sadness, Joy, and other feelings of other beings, because we are all connected in this way by the integrity of the entire Universe.

The density of the metric of black holes can significantly exceed the density of the metric of the space surrounding them! This assumption can most likely very simply explain why we, with such small dimensions of about 1 meter, can reflect such large spaces of several kilometers, or perhaps tens or hundreds of kilometers, because in reality no one has measured this limit of perception — in fact, if we knew the density of the metric of our subjective space, how deeply could we perceive the world!!!
After all, how is it possible to fit the infinite Universe into such a small area of space, which can be smaller than the size of the human pupil!!!
It's practically impossible!!!
No density of matter would allow us to perceive the infinite Universe in such a limited space.
And yet we perceive it as...
some part of the Universe, we look at the stars, and it seems to us that it is already very far away, but rather In short, this property of objectivity is lost somewhere in the retina of our eye, when light is converted into an action potential running along the membrane of our optic nerve.
And perhaps nirvana is also some kind of magic word, somehow connected to our nerves, which we would very much like to be very strong and connected in a very correct sequence, so that in reasoning and in life in general, it would be very simple and easy for us, and most importantly, "understandable."

# We should become vegetarians

There are different types of Matter in the Cosmos.
And we could simply say that there is, in fact, some continuous spectrum for the wave matter field, which could simply explain to us that, in fact, certain special types of particles—electrons, protons, neutrons, and so on—do not exist.

The standard model, confirmed by physicists in experiments at the Large Hadron Collider, is all very well, but from the perspective of superstring theory, these are simply certain types of vibrations that arise on the surface of n-dimensional microscopic strings that permeate the entire Universe, or like particles of water that fill the entire Universe.
We don't have precise information here either, but there are suggestions that this is precisely the case, because string theory very well describes the behavior of black holes, which are precisely macroscopic quantum objects that are interesting from the perspective of information theory, because something mysterious happens in black holes related to the disappearance or non-disappearance of information.
Because right now, physicists don't really understand what exactly happens to information when it hits the event horizon and how we are told from above when we move from a region with a low metric density to a region with a higher metric density.
But some of our, or rather American, thinkers do imagine what is inside There is, after all, a large multidimensional intelligence within a black hole that somehow collects information about events and somehow represents it in an inner space, which, although a quantum object, can nevertheless grow to macroscopic scales.
And at the same time, this intelligence can reflect, think, change its hologram, and much more, but for some reason this may not be so important to us.
Because to verify this, we will need several more centuries, and perhaps even millennia of research.
Because this is the holy of holies, and a mystery that we are not yet able to comprehend, since our lives are simply not yet organized, and we, like entropic elements, continue to wander in the darkness of our social turmoil.

But we can, for example, right now, all of you reading these sentences, reflect, delve into this, and begin your own research. What is actually stopping us from agreeing with each other and starting to behave more ethically and simply reaching a state in which we have there will be an organized external environment, so that we will no longer need to chase money, cars, gadgets, and other dubious values, wasting precious time, and especially to fight physical and environmental problems, because they can all be simply solved.
Let's take this example: why do people conflict and what prevents them from agreeing to live in peace?!
And how can we prevent such excesses from happening again?!
Let everyone think about this seriously.
We'll likely have to think about it our whole lives, but it's still better to find some kind of private solution so that the next generation never has to enter into conflict again under any circumstances.
No conflicts, wars, or anything like that.
So let's just resolve this issue already!
Even just within our own families, so there are no conflicts at all, and even if they do arise for some reason, we need to make sure they are resolved peacefully.
And so, most likely, you can think about this your whole life and come to roughly the same conclusions, although they will likely differ in some ways.
Nevertheless, the solution will most likely be similar to the rules of ethics, which are presented in one way or another in religions.
Therefore, it's probably simply better to master and read the sacred texts very carefully.
Scriptures, visiting holy places, and praying are also important, as angels exist and listen to our prayers to convey them to God or immediately send a ready-made solution.

They can help in difficult situations, but like any beings limited in space and time, they need certain information that cannot be conveyed except in private prayer, and most likely, it's best to do so before the altar in a church or mosque, where it's easier for angels to listen to people's requests and their stories about what's troubling them.
This is very important for them, because in this way they can help not only those who pray but also those for whom they pray, and generally contribute to the resolution of any situation.
In fact, if we all communicated with angels, and like in Rus' before us, there were so many churches, and such a strong faith that we prayed for ourselves and for each other, everything would be much better.
Therefore, we need to build churches, and mosques, and perhaps we also need Buddhist temples, because religions are a benefit for people, and God is really waiting for us to finally pay attention to him and thus tune into the single wave of his thoughts.
And this idea is very simple.
We simply must try very hard to return the Earth to the state of the Garden of Eden.
And the explanation for this varies slightly in different religions, but nevertheless, our ecology is simply terrible right now.
And we must pay attention to this and simply start working on solving environmental problems.
Make the air clean, integrate our cities and industries into ecosystems, so that it is non-violent for our smaller brothers.
And for us too!
Because modern cities are simply a nightmare, and they do not take into account many of the parameters that were set by God and the angels when the first humans were created, and we are still little different from Adam and Eve.

And science is precisely the path to understanding which parameters we did not take into account when creating our cities, because our cities are simply slapdash.
And they are very dirty, there is a lot of garbage, a lot of chemicals that are not suitable for food and life in general.
Cities are simply fornication, because in cities it is very difficult to do anything except fornicate.
No, well.
Seriously, if we were supposed to live in the Garden of Eden and listen to the angels and God there, where can we find that in the city?!
There are a few places called temples, but they're very poorly designed, because, again, people created all of this in very harsh conditions, and they were more likely trying to protect themselves from the savagery of barbarism with these large walls than to create beautiful spaces that would remind us that God wanted the Garden of Eden to be here.
And natural parks would be better reminders of God's intentions if we paid more attention to them.
That's why I really like Moorish culture, for example, and their wonderful oases, and gardens that remind us that our Creator wanted there to be a Garden of Eden on Earth.
And the Garden of Eden is probably a very, very good idea, because where everything is beautifully organized, a person feels better, his thoughts immediately calm down, and the hustle and bustle disappears somewhere, and then thoughts of God, the nature of the Universe, and angels involuntarily come...
So maybe it would be better for us to start doing exactly this, and, if possible, transform our surrounding reality, bringing it closer to some kind of ideal Garden of Eden, where there will be many beautiful flowers and trees, and the trees will have fruit that we can eat.

And it's not just by chance that our hand is so well suited to hold an apple or a pear, because this is how God created us, so that we would not bother ourselves with any worries about food, but simply enjoy the fruits of the trees, which are like brothers to us, only they are big, wise, but here Silent, and God probably really likes it when such creatures exist—very meek, steadfast, wise, and silent.
And the trees truly share with us the Love that emanates from our Sun.
And the Sun gives us so much warmth and love, and we too should appreciate and respect it.
But we don’t really value and respect our Sun, because we are preserved like in tin cans in these little rooms, houses, high-rise buildings, and there is very little light for Us, and God created us precisely so that we could communicate better with the Sun...
We'd walk around, look at things, but only during the day, because color vision was given to us for a reason, specifically so that we could live by the Sun.
And we're definitely not predators, because predators have poorly developed color vision, because they don't care about looking and examining the colors of their prey; what matters to them is the figure of some animal they can catch up to and snatch as quickly as possible.
But this is completely contrary to our nature, because we were created for symbiotic relationships with living species.
And we break this rule.
But we mustn't violate it, because as soon as we violate it, we immediately fall into sin, because instead of being ethical and very active and alive, we can become like those lazy cats who lie around all day and do nothing, and their thoughts are weak because their heads simply don't work, and only their stomachs are digesting something.

And therefore, these Christian values about the Garden of Eden, and the wise trees, and their fruits—all this is very important for us, because only in this way can we achieve a more ethical and ecological relationship with the world, and correct all the troubles and inharmonies.
Our sick society, which is simply mired in sin!
And this is so sad!
It's terrible!
We must urgently become vegetarians, because there is no other way we can return to natural harmony and bring us closer to the ideal that God and his angels created for us.
We must become vegetarians.

# 7 plus 3 basic types of matter

At the moment, I know of 7 main types of matter: 1) Crystalline bodies, which mainly make up the surfaces of planetary bodies and consist of smaller formations of crystals and groups of atoms possessing some long-range order, that is, a crystalline lattice.
2) Liquids that do not have a crystalline lattice, but nevertheless consist of mobile chemical molecules that have a relatively high density, but as a rule not higher than the density of crystals.
3) Gases, which are even less dense, and the bonds between molecules in them are much weaker than in liquids.
4) Ionized gases or plasma, consisting of charged particles, which are highly sensitive to electromagnetic fields, but at the same time are even less dense than gas.
This applies to planetary plasma, but solar plasma can be relatively denser than gas.
5) Light, which is made up of photons and can exist in different states, and it can have a very high concentration of particles per unit volume, but it has a low density, much lower than plasma as a rule.

And there are several other types of matter that we understand very poorly, but they too very important: 6) Magnetic matter or magnetoplasma, which is very strangely similar to gluons, which have some charge and can be polarized in such a way that They can simply glue the particles in the nucleus of an atom together, so that for some reason it does not fly apart due to the action of electrical repulsive forces between protons.
7) Dark matter — or a quantum vacuum polarized by a gravitational field, which is also a separate type of matter, but in the absence of polarization, this type of matter is very reminiscent of empty space, which, of course, does not exist on its own, but is connected by the property of continuity with other types of matter, which can simply be imagined as some fluctuations in the density of a quantum hologram, which has the property of continuity.
These types of matter are most likely similar to states of aggregation, but these states of aggregation of matter are related to those types of particles that we call in some cases elementary particles, and in other cases atoms.
The secret is probably that this is not a complete list of states of matter, as it could be supplemented with various transitional forms, such as liquid crystals.
But that's not particularly interesting in this case.
It's more interesting to add two more very important points to this list: 8) Singular matter or Planck matter, which has the highest density of all types of matter and is more like a quantum hologram, which has a more informational nature, that is, it is a carrier some image that we can associate with the image of the Universe or the current picture our perception, which also reflects some part of this Universal image or does not reflect, depending on the state of this matter, because it the most mobile of all the fundamental types of matter, and also has the highest density.

And I would even call this type of matter the matter of the mind, because that is most likely what it is, because it is singular matter that can take on any form and state, but with a certain peculiarity: without the presence of other types of matter, it simply as a miracle, which is in itself or pure reason not connected in itself with anything.
9) Biological matter, which is the most magical and mysterious of all types of matter in fact, because it is the most enigmatic and mysterious miracle in our Universe, since it contains the potential for the development of all other types of matter, because life is so multifaceted and complex, and it includes simply the fullness of all the properties of the Universe, and here is what is most interesting — life is transcendental in its nature to pure reason, and therefore biological matter must include a singularity that has the property of self-perception and that feeling that we call "I am." So, it turns out that we could certainly add several more types of exotic matter to this list—such as black holes or neutron matter.
Then our list would reach 11 types of matter, but most likely we're simply looking at matter this way, without understanding the properties of fractality and the continuity of a quantum hologram, trying to find a better discretization, that is, a partition of a continuous continuum into a multitude of states, each with its own distinct parameters.
But it would be very beautiful if they found a discretization in which there would be ten states of matter that could be easily counted using the number of fingers on our hands.
And this is possible, because if we arrange everything in this exact sequence—1, 2, 3, 4, 5, 6, 7, *, 8, 9—then most likely it will be a fairly ordered set of discretizations, because the density property of these types of matter will decrease as the number in the list increases up to the symbol *, and this symbol * it is simply a designation for the unexcited state of the quantum vacuum, which is very It's like empty space.

And perhaps, with this discretization, we can discern some order in the degree of detail and granularity, that is, the properties of fractality for all these types of matter, which increases from the first element to the last.
And with this, I think I'll conclude my discussion of the types of matter, which, of course, have different properties and are perceived differently by us, but nevertheless, it's very interesting that we can count on our fingers just the 10 main types of matter present in the Universe!
And why exactly this is so, perhaps only God knows, but it's a mystery, really, why God created us in such a way that we can count all the types of matter on our fingers!
But this, of course, has nothing to do with the density parameter of the metric, because the density parameter of the metric most likely relates more to space than to matter, despite the fact that, as we saw earlier, space is most likely also one of the types of matter, however, this parameter is only suitable for space, which somehow connected with the fact of the existence of the God particle or the Higgs boson...

# Be like the birds of the air

Man is created in the image and likeness of God.
But what is the image of God, and what is the likeness of God?
One could simply speculate that the image of God is singular matter, because singular matter can most likely take on any form, and God possesses precisely this property of being incomprehensible.
And since we cannot look inside black holes and observe singular matter, it is most likely that singular matter is the image of God, which can take on any form and thus simply manifest itself.
itself as some kind of miracle that cannot be comprehended.
But it is difficult to imagine singular matter without an event horizon surrounding it, because if it were otherwise, then it

would be possible to somehow observe the states of this matter and most likely it would become comprehensible, which contradicts the previous point that God is incomprehensible, and therefore his image is incomprehensible.
But as for the likeness of God, here everything is much more It's simpler because a likeness can, in principle, have some correspondence to the nature of God, but it can also lack some correspondence, because it's very simple—a likeness is just a likeness and it simply reflects some of the fundamental properties of God, but it may not reflect all of the properties, but only some, which for some reason turned out to be essential precisely in the process of creation, when God created man. And therefore, most likely, the likeness of God has a purely material nature, because there is most likely no other object similar to the likeness of God except the human body.
But singular matter is hidden beyond the event horizon, as a rule, is surrounded by some electromagnetic field, because black holes have such features that they have their own magnetic field, which may be toroidal, or it may not be toroidal, because we most likely do not know what form can be described as an electromagnetic field around black holes, if This applies to cosmological objects, but when it comes to humans, we also don't know how to describe the electromagnetic field surrounding them, because we know very little about it, and we need measurements.
And this is actually very important, because most likely, this is how everything comes together in such a simple picture: humans are created in the image and likeness of God and therefore have tangible and intangible material components, which can be simply described in scientific language as an organism and its biofield, which is more precisely an electromagnetic field, which more precisely has a certain characteristic related to the property of reflection, namely the

presence of a singularity, which is somehow related to a certain memory and intelligence, which will be discussed a little later. But all this can also be expressed much more simply: humans have a body.
and soul.
And it turns out so strange that in life we usually take into account only our biological needs, namely the needs of our body, and the needs of our We don’t take biofields into account because we most likely made a mistake in the last century, which was that we fell into materialism, and we completely forgot about the soul, because In the Russian Empire, the Christian faith and religion were quite developed, and there were many believers, churches, and even the origin of power was considered to be from God.
And the most interesting thing is that the Christian faith allowed people to say that the Tsar was from God, because people believed that the Tsar should be from God, that the person closest to God should rule.
And for some strange reason, representatives of the government were addressed with great respect, using the expressions "Your Excellency," "Your Lordship," "Your Serene Highness." And most likely, people simply understood that "nobleness" is probably a good thing, but somewhat mundane, while "excellence" is something connected to the immaterial, the spiritual, and Now, luminosity is no longer radiance, but something that may not be constant, but something constant and truly connected with the subtle matter of the soul, which can be like this to be in a light and not light state, that is, those who had a light soul, and some people most likely saw this, these are the people who said — your highness, but when addressing the ruler with the word highness, people most likely pointed out the feature that such a person simply has a high biofield, that is, a simply great soul, and therefore there is an analogy in Indian culture, because there is simply another name

for this level of soul development, denoted by the word Mahatma — that is, Great Soul.
And so, I just explained that in the Russian Empire, there was most likely harmony, which was established precisely by the connection of the Russian people with God, because God simply loves the righteous.
But something went wrong in the last century, and these criminal revolutionaries simply took over because the Russian people simply lived in harmony.
Harmony is most likely not a Russian word, but if you translate it from Greek into Russian, it most likely means happiness.
The Russian people were simply happy because they were ruled by a tsar who was from God.
When you're happy, you most likely don't notice any bad events, because life becomes like a pleasant dream in which all is well.
And that's exactly how it was in the last century before the revolution—people were simply happy.
And they simply didn't notice how these criminals managed to organize themselves and simply eliminate a government that had so deeply trusted its people.
And after that, famine began, and the Russian people began to suffer.
And this is evidenced by the stories of Herbert Wells, who simply traveled around Russia and did notes in his diary, and he traveled in Russia before and after the revolution, and then he published these notes and it turned out that it was exactly as I am telling it.
And now we're just so smart, thinking that science is the best and most perfect means of knowledge, and we don't need religion, and we can be atheists or whatever we want.
But we probably don't think about why we treat religion this way, that we have churches, but we simply don't go there, or we go but somehow don't read or study.

Holy Scripture, but simply as children we act with all this wisdom of God, which is indicated in Holy Scripture.
And why are there so few churches, and why do we have more?
Shopping malls, for example, than churches.
And in these malls, there's so much material that there's actually an overabundance.
We produce a lot of things, and we do a lot more, but it's all just vanity.
And so it turns out that our history is simply forgotten.
We simply have to return to this point in history where something went wrong.
Namely, we were simply switched, and in the most crude way, to a materialistic path of knowledge, and before that, we were idealists and we simply believed in our God.
And now we may not even think about it, because we simply accepted it, because it was a long time ago, and in schools, they most likely teach us very little about it, because in schools we are given some facts, but understanding is rarely transmitted, because understanding comes with experience.
And so, if we deeply study all processes, and in particular the historical process, which is very interesting, then we gain a broader view of the world, and we simply begin to see more.
And now we see that the revolutionary path isn't right for us, because it's simply a breakdown of some kind.
Things were going well, everyone was happy, and then suddenly everything went bad.
It's more like the temperature fluctuations that happen to someone with a virus.
They get sick, and then they get a fever and feel unwell, and then they get chills, and that makes them feel unwell too.
The last century represented such fluctuations, which don't correspond to the image of a healthy person.
And we all want to be healthy.

And to be healthy, we simply need to turn back to our faith. Because faith is needed for the salvation of our soul.
And our soul is feeling very bad right now, because we have moved away from the image of the Garden of Eden that God created for us.
And we simply need to do everything in our power right now to...
To simply return to this image, but not just to the original image, but to return intelligently, because we understand that we have technology, and we are very dependent on it.
For example, it's cold in Russia, but very hot in Africa, and we need to somehow be able to control these temperature parameters so that we can live anywhere on the planet's surface and live comfortably, but so that everything is good from an environmental standpoint, because we are simply having a negative impact on the ecology of our planet.
And so we simply need to engage in solving environmental problems, which I've already talked about; it's simply very important for us.
must restore the ecology of our planet so that there are no deserts on it, so that Perhaps the climate there has improved, so that it would be warm everywhere and plants could be grown, so that there would be food for people, and the soil would not suffer, and so that our smaller brothers would also feel good.
Because we have simply already destroyed many species of life, and God does not like this, and therefore he most likely turns away from We are treated like this when we do this.
And we are truly being very, very rude, because it is a sin to kill living beings, no matter for what purpose.
We must become vegetarians and stop this genocide of living species.
And when we do this, many things will change in our lives, because if we help our smaller brothers and sisters, restore their species diversity, regenerate their ecological niches so they can

thrive in their natural environment, then we'll even become kinder to each other, because we'll understand that we're doing a good deed, that it's pleasing to God, that we no longer want to be sinful, that we want to keep the commandments and be ethical toward the world, God, living beings, and people.
And vegetarianism is salvation for us, because we can simply feed on grains like birds.
Because, for example, we can simply cook rice, and we can cook other cereals and we will get delicious porridge from grains that are very nutritious, and they also contain protein, but the stories about complete and incomplete protein are most likely a lie, because plants are also created by God, but in science there is no such understanding that it was done this way wisely, that we can simply eat plant food, because science was created by materialists who did not recognize God and still do not recognize Him, although the smartest do not deny it, but even smarter people say that it is very unlikely that the primary single-celled nuclear organism appeared simply due to a combination of chemical elements that were present in the ancient ocean, because even the primary cell already had some property of resistance to fluctuations in environmental parameters, and so The same property of self-reproduction, because these are very complex things from a programming perspective, presupposing the presence of a control system conceived by someone, but scientists don't talk about this directly.
Yes, living cells are indeed embedded with very complex processes from a scientific perspective, which are currently described by such sophisticated scientific disciplines as quantum physics, electromagnetism, hydrodynamics, thermodynamics, computer science, and cybernetics.
But scientists don't explain why everything is so complex.

They mainly believe it's the result of some bifurcations or fluctuations that somehow randomly led to the synthesis of living organic matter in a living cell.
But in Holy Scripture, everything is very simple: it says that "the spirit moved upon the face of the waters," and this was at the very beginning of creation.
And this is a direct indication that angels created life on Earth.
And they most likely simply knew all these scientific disciplines, or rather, they simply had information on how to create such a complex system from simple atoms that it would be so stable and complex that it would lead to the creation of all living species on planet Earth several billion years after the creation of the first living cell.
And so the Gospel simply says, "Be like the birds of the air, and do not hoard earthly riches."

# Feng Shui

In the previous message I talked about the various forms of matter, which can also be considered holistically as forms of matter-energy-consciousness, because in fact one can consider the world simply as a Hologram, on which there is simply some distribution of properties that we identify with matter, energy or consciousness, but all these are just different forms of matter-energy-consciousness, because our words allow us to discretize the hologram of the observed world and to recognize certain parts of the hologram depending on the words that we use We possess it.
And at the present time, compared to previous eras of our civilization, we have simply accumulated more information, which allows us to produce more complex discretizations, which allows us to simply distinguish certain areas better. hologram that we observe, so perhaps it would be better if we rethink some aspects of our lives from the position of a new discretization of those forms of matter-energy-consciousness

that were mentioned earlier, namely: crystalline, liquid, gaseous, plasma, light, magnetoplasma, dark, spatial, singular and biological forms of matter-energy-consciousness.
But what does Feng Shui have to do with this, you ask?
Well, it does.
It's very simple.
The fact is that the wise Chinese have long thought about how it's possible to simply consider the forms of energy.
in the organization of living space to improve life so that the result is a very positive effect associated with material well-being, maintaining health, Increased life expectancy.
These may be the main points that are valuable to everyone, but at the same time, the lives of others also improve, because those who apply the rules of Feng Shui in their lives also establish a connection with the surrounding world and have a beneficial effect on the lives of other beings, and not only people, but also living beings such as plants, animals, and spirits, whose lives are less obvious, but some actually observe subtle bodies or biofields that also have their own life and intelligence.
At the same time, the ecology also improves, and this is probably the most important thing, because all living beings are interconnected by a single life in the environment around them, and therefore, if some living beings become ill, then other living beings may also become ill.
And that's why it is necessary Study this wise teaching, which can be a path for us, because Feng Shui was discovered by the Chinese, and if we study their culture, we will also improve our communication with this wise people, who are truly wiser than us, because they do not wage offensive wars and, just like us, desire to live peacefully and prosper.
And we, too, desire to live peacefully and prosper.
But the Chinese, possessing this teaching, live better, and therefore there are significantly more of them.

And there may be more of us, too.
If we are smart and wise like the Chinese and also study Feng Shui, and also establish communication with other civilizations and begin to integrate and perhaps even assimilate with them, because every civilization has its own special wisdom and we can simply come to a more perfect humanity this way if we just profess our Christian faith and just love our neighbor.
Because If we all love our neighbors, then most likely we will simply one day become a single earthly humanity, which, as described in the Andromeda Nebula by our science fiction writer Ivan Antonovich Efremov, will simply possess some phenotypic characteristics of people of the past, but at the same time will also have a special consciousness that will be very ecological, positive and wise.
But Feng Shui is a very ancient teaching, and the data of our civilization already surpasses the data of the Chinese civilization in the past, so we can simply take it into account now More parameters.
Because the Chinese Feng Shui only considers five elements: wood, fire, metal, earth, and water.
Air is probably the sixth element, and space is the seventh, but that's very strange because such a distinction is completely unclear.
Metal and earth are very similar, although they may differ in density.
Nevertheless, as we know, earth consists mainly of silica, that is, silicon oxide, and sometimes there are elements on it that are more similar to aluminum oxides, that is, alumina, and other metal oxides are also very common, but basically these are just metal oxides that are somehow very similar to just metal- Earth, and such an element doesn't exist in Chinese teachings.
And if we consider the essence of Feng Shui as a way to harmonize the quantum hologram of the world around us, then

we'll likely be better able to harmonize it if we use the information we've accumulated through scientific understanding of our reality.
Because it's very precise, we can simply say that in fact, we simply need a deeper understanding of ecology to harmonize all energies in this way.
But home ecology sounds a bit strange, because ecology itself is a science of the home, and therefore we simply need a deeper understanding of this idea of harmonizing all matter-energy-consciousness in the world around us.
Biological organisms understand the idea of harmonizing all forms of matter-energy-consciousness very well, because they understand the idea of maintaining a certain constant level of negentropy at the subcellular molecular level.
Simply put, our cells know how to clean and repair themselves, maintaining a certain constant structure based on the information embedded in the DNA molecule.
And so, at the macroscopic level, we too must have such information in our lives, which must be formulated at the scientific level.
Specifically, we must understand that we most likely need to consider our own needs and act in such a way that our home is simply tidy and clean, and at the same time, the surroundings of our home should also be tidy and clean.
We also need to consider the need for order and cleanliness within ourselves, because we must understand that if these properties are disrupted at any level, an error occurs at a higher level of matter- energy-consciousness.
And so we simply must ensure that we maintain order and purity at all levels of the matter-energy- consciousness scale.
But to maintain this order and purity at all levels of the matter-energy-consciousness scale, we simply need to study all these levels of matter-energy-consciousness.

And most likely, we just need to approach everything in our lives differently, because we don’t understand that we can’t build our cities so recklessly.
in some places that are unsafe from a natural standpoint.
Because if we recklessly disregard natural phenomena such as air and water flows and climate, then We may have problems with the safety of our lives, because if we build a city right on the coast so close to the ocean or sea, there is a great risk of flooding, which can take many lives.
But also if If we don't take air currents into account, we could end up with a situation where strong winds could lead to fatalities.
And that's not good.
And we can also consider other climate parameters in the same way, because in fact, heat is also a very important factor that influences many things.
Because if It's just cold in some area that is chosen for the construction of a city, then this affects human development, because because people are cold they can behave unethically towards living beings and towards each other, because this is a feature of biology that because of the cold some people have a desire It's unethical to behave because our safety instinct is simply designed in such a way that cruelty in people can arise from a lack of warmth.
But an excess of heat can also cause certain psychological peculiarities, because our body feels best within a certain temperature range.
And therefore, it is simply necessary We either choose warm climates for city building, or use technology to simply create warm places or cities.
People will feel comfortable there.
Therefore, Jacque Fresco's project is very suitable for us in terms of building new cities that will be intelligently designed,

taking into account climatic, geographical, ecological, ethological, and resource parameters.
And if we just go back and look at Feng Shui in our lives, then most likely we will come to the conclusion that we just need to, first of all, hand over all the things we don’t need for recycling, because junk in the house is not good at all, because it’s just Stopping the flow of vital energy (qi), or feng wind, is very easy.
You can simply take all the unnecessary items that clutter your home or apartment and recycle them.
Or, if they're useful but no longer needed, simply give them away to someone who might find them useful.
It's that simple.
So, you can get rid of all the things that simply collect dust, because dust is a real nightmare—all those rugs, rags, old clothes, and wool are a real nightmare, because they're breeding grounds for dust mites!
So, if you have this stuff piling up in your home, you should recycle it immediately.
Or maybe even throw it out as a last resort, because even if you simply clear your space of dust and unnecessary items, you'll feel much better because your consciousness will begin to function better, as it will be a liberation for both your mind and your body.
Dust interferes with breathing and pollutes the body, while unnecessary things clutter the mind, and you'll find yourself in a constant state of overload if you simply have too many objects and dust in your home.
Therefore, you need to clean everything and tidy up your home.
Better yet, avoid buying anything unnecessary and practice good hygiene.
Because we interact with animals, and they can carry infections and parasites.

And if we don't take this into account, we can get these infections and parasites.
And this is very, very scary, because you can easily die from these infections and parasites, because our medicine is still very poorly developed, because our surgery and pharmaceuticals are developed, but treatments like these are very dangerous, because It's very bad when they try to interfere so crudely with the body, which is perfectly intact, and structural damage due to surgery or poisoning is very, very difficult to cope with.
And so we simply need to better understand prevention.
And hygiene is like a salvation for us, because we can simply say, "If I interact with animals, I need to wash my hands after every interaction," but I also need to have a separate towel so no one touches it, and even better, don't have animals at all.
And don't interact with them, because having animals in the house is unsanitary.
Veterinary clinics can be good because you can take your pet in and treat it for parasites if it's sick or just get it vaccinated for prevention, but it's better to have no animals in the house because they just pick up dust from the floor, and we walk outside, and the ground is full of all sorts of bacteria, viruses, and infections.
And animals can get on the table, the bed, and even on household items that we touch.
With your own hands, spread all these bad bacteria, viruses, and infections.
And that's very bad.
But we also don't take into account the air, because if an animal has parasites in its lungs, they can spread through the air.
And now, of course, someone might have I have a pet at home, but I still need to treat it ethically.
If you have a pet, you're responsible for it, so you simply need to take care of the health of every living creature in the house.

And just keep in mind for the future that I simply don't need to have more animals.
And in the future, most likely, there simply won't be any pets, because they're simply a thing of the past.
We simply didn't understand hygiene well, and now we understand it better, but we need time to gradually transition to a higher level of development, when we'll have better hygiene.
And so our path must be evolutionary, so that we do not simply break our continuum, but rather, like in these smooth movements of Feng Shui of wind and water, we master everything, because there really is more wind and water in us than other elements, because Indeed, our body consists largely of water, which moves very smoothly.
And so, for us, this should be our path: learning to simply respect these elements, to better understand ourselves.

# Feng Shui 2

So, now we can understand Feng Shui more deeply — as a way to harmonize our holograms, that is, the World Hologram.
But that's a secret.
Because no one thinks like that.
We simply need to understand that we need to harmonize our hologram.
And so we need to start with ourselves.
Therefore, you most likely need to be diagnosed for various injuries and diseases, and it might be best to visit a medical facility to get information about the current state of your body.
This is all very simple to do, and various medical tests that can be taken within a few days will provide information about your current health.
This is very important, because it is necessary to know the condition of your organs and whether you need treatment.

If you have any diseases and you don't know about them, then you are acting unethically, because if these are infectious diseases, they can be dangerous for those around you.
Therefore, you need to have your body tested periodically and receive treatment in a timely manner to avoid becoming a dangerous carrier of infection for others.
And you especially need to pay attention to the cleanliness of your respiratory system, digestive system, circulatory system, and central nervous system, and be sure to have blood tests for parasites.
Because if parasitic organisms have appeared somewhere inside you, they must be treated urgently, as they are very dangerous for you and for those around you.
people.
Because it is precisely because of parasites that entropy, that is, disorder, can accumulate in the body, which leads to behavioral deviations, that is, behavioral deviations from the norm, which is simply very, very dangerous, because Damage to the human body in a community can lead to damage to that community, and this cannot be allowed.
Therefore, be sure to make an appointment with a general practitioner at your local clinic soon to check your health.
It's likely free, and it's very important for you to simply know the state of your body.
And don't forget that therapists and doctors are people too, so maybe give them flowers, fruit, a box of chocolates, or a bar of chocolate, because people like it when they receive flowers, fruit, candy, or chocolate.
Our medical workers are very good, but right now...
The times are such that medical institutions may be poorly financed and therefore they feel sad, but in the future we must fix this so that all medical workers receive a good salary and so that their work is adequately valued by society, because life is our most important value, and they work to ensure that we live

longer and better quality, so they need to be loved and respected.
But entropy is a very interesting parameter.
Because it's the main parameter we must somehow evaluate and monitor in our lives, because if this parameter's value increases anywhere, breakdowns and malfunctions can occur.
And entropy typically accumulates in the body because we do something wrong in our lives.
For example, we're accustomed to drinking tea or coffee, or smoking, for example—and this all leads to the accumulation of toxins and poisons inside the body—and these, like entropic elements, simply clog the body.
Therefore, if they accumulate for so long, then after a few years, a significant deterioration in health usually occurs, and if we look at the longer term, people simply live much shorter lives because of it.
And so some people like to tell stories about how their grandfather smoked and lived to be 100, while someone else's grandfather didn't smoke but died.
Much earlier—all this is not certain.
Because most likely, the grandfather who didn't smoke and died early—he was simply very diligent, and worked very, very hard in the mine, and mined coal, so it was simply much worse for him, because in the mine there is very toxic coal dust and it simply ruined his lungs faster.
Therefore, you need to understand, if you compare like this, then it will be very bad in life, because you need to understand that it is much easier to do everything correctly and not harm your body, and even if you have to work in a mine, it is best to use personal protective equipment, namely a protective mask to clean the air of harmful particles.
Because the lungs are a very important organ for health, and we can live without food for several months, without water for several days, and without air only for a few minutes.

And therefore, you need to understand that air is a very important factor that determines life expectancy, because you just need to breathe clean air, so that the lungs are clean, so that poisons and toxins do not enter the blood, because if there are poisons and toxins in the air, then Your health will be really bad, because poisons and toxins enter the bloodstream through the lungs, and that's not good.
Therefore, you need to protect your lungs and keep the air clean.
This means you'll probably also need to make sure you have air purifiers at work and at home that filter out dust particles.
Even dust is toxic to the body, and when dust poisons the body for so long, it simply reduces quality of life and shortens life expectancy.
And dust on the roads, as well as exhaust fumes from cars, are also very dangerous, and therefore it would be better for us all to give up personal transportation altogether in favor of public transport, which will be very sterile, because sanitization technologies will be developed.
Simply, at the entrance to transport, disinfection will take place using disinfectants and possibly radiation, that is, ultraviolet radiation, which in small quantities is not dangerous to the body.
And perhaps even better if all the cars that people currently own were voluntarily handed over for recycling, because they are simply not safe for life.
Because if, for example, we make it so that we don’t have to bend over when entering a car, but simply enter a vehicle standing up, and so on...
If you're exiting standing, that would likely be better.
We also need to consider that we can use this metal, which is currently ruining lives on the roads, to create eco-friendly robotic vehicles that will actually be very safe.

If, instead of an internal combustion engine, cars were equipped with an electric drive controlled by a computer that processes information at trillions of operations per second, it would be much safer for humans, as humans think and react to danger very slowly, and that's why accidents simply happen. But until we eradicate vices like drunkenness and drug addiction, we simply cannot allow people to drive, because it's statistically possible that someone who gets a driver's license will still break traffic laws.

But in a car, there is no such possibility if it is programmed correctly, and most likely it really can be programmed correctly so that it strictly follows all the traffic rules, but even if some violation were to occur somewhere, then simply due to the property of fast information processing, quick maneuvering and braking, a person’s life could be saved, because an electric drive is much less inert, and it is easier to control, and computers are now processing information faster than the human brain.

And the same thing about cleanliness applies to water and food, considering that cleanliness of the body and skin is also important, because if there are any harmful substances that contaminate the skin and body, then this also has a negative impact on the body.

But the cleanliness of the skin and body depends precisely on personal hygiene, but how people treat it The cleanliness of your home and workplace probably shouldn't be taken into account either, because people have a very poor understanding of hygiene.

You just need to wear protective gloves and protect your eyes with special glasses so that your hands and eyes don't get damaged while cleaning, because They can also transmit infections during cleaning.

A protective mask against particles is also necessary when cleaning, because if you do this regularly, you can simply

maintain internal cleanliness longer, which is very important for your health.
And perhaps it would be even better to have robots do laundry, cleaning, washing dishes, and wiping windows.
because then a person won't have to deal with dust, and this will have a very good effect on Life expectancy.
And those who work with the land—they also need to take all of this into account, because the soil and dust can contain parasites that are very harmful to health, so it's absolutely necessary to wear a respirator, protective goggles, gloves, and maybe even special coveralls to avoid infection.
And those who work with garbage—it's absolutely appalling that we allow this, because it's unacceptable to humiliate people like this, to have them in a polluted atmosphere near garbage that can cause so many harmful things.
And so we simply need to create robots that will process garbage, or, even better, so that people become more conscientious and stop throwing everything in piles, because You can simply sort waste at home like this and put it in clean bags, and then It's easier to recycle because you can immediately sort them into categories: batteries, electronics, waste paper, building materials, furniture, clothing, plastic, glass, metal, organic waste.
And then we'll have a very clean environment even at the recycling sites, because everything It's just carefully packaged.
And there probably won't be any people at the recycling plant anyway, or there will be very few, because they'll likely be technicians servicing the robots, making simple repairs with minimal risk, because They'll be working in protective suits.
But it really depends on our ethics, how conscientious we can be, so that all this is organized.
Because right now, very few people think about it like that, that we're just behaving like monkeys: we ate a banana and threw the peel in the trash, and so on.

You can't do that!
You need to understand that banana peels are organic waste that can be used to make fertilizer!
Those who know this don't throw the peels away right away, but steep them in boiling water first to dissolve the beneficial microelements.
Then, when this beneficial water with microelements cools, you can water your flowers and houseplants with it, and they'll bloom better!
Because it's such a miracle of nature; if you approach everything sensibly, you can always handle situations better!
As for burning trash, it's probably not allowed!
Because as long as we don't sort our waste and simply allow smoke to escape from burning, which pollutes the air, we can't burn trash!
We first need to learn to sort trash and stack it instead of dumping it.
We simply need accessible warehouses and bins for sorting, and someone who oversees the sorting process, like the one responsible for keeping the yard clean, will oversee it.
This person will simply regulate how people sort their trash properly.
And that will be better, because then people will understand the need to be conscientious.
Because when someone stands there and tells others how to do things right, they tend to listen, and so people learn from other people.
So, we need a state program for such a profession in technical schools—a waste disposal specialist, a cleaner, and a landscaper—who will simply recycle household waste, clean and improve neighborhoods, parks, and the urban environment.
But they'll do it smart, so that people will start behaving responsibly.

That is, they'll have to inform people about the need to be more responsible.
And this informational function should probably be defined in all professions, because people somehow miss the point that if you learn something, you should probably tell people about it, because if If other people don't know something, this is likely the source of unpredictable system behavior, which is precisely what can lead to system failures, because that's how entropy accumulates in the system.
If a system element doesn't know how to behave, it may behave incorrectly, and therefore all people should have a common code that will reduce uncertainties and ambiguities in their behavior, which can be downright dangerous.
Therefore, knowing the sacred scriptures is very good for people, because it reduces social uncertainty and increases the ethics of communication, because a person who follows the sacred scriptures will behave ethically towards other people, living beings, and the world around them.
And this is like an operating system.
Without a computer, a person simply has to spend so much time in life—what to do in this situation, what to do in that situation...
And there can be a lot of these questions, but if a person is taught science from childhood, they will still have a lot of uncertainties in life, so we need religion first, and then science, which complements the worldview with new information.
And if everyone views the world from the perspective of science and religion, then most likely we will better understand ourselves and the world, and treat each other better, and we will simply have fewer problems, because everything will be resolved very quickly, just like in the body—everything follows a single program.
But we must know a lot of science, so we simply need a longer life to master it all.

And Feng Shui is the path to longevity.

# The Earth doesn't want people like this on it.

Currently, the most important process occurring in the Cosmos is the life and evolution of living species.
Scattered throughout the Cosmos are numerous worlds inhabited by living and intelligent beings.
More precisely, according to our conservative estimates, there are about 400 billion worlds in our Galaxy, but perhaps fewer, or perhaps more, have intelligent life, but I don't know for sure. There are many.
At the center of our Galaxy is the Milky Way.
There is an object called the Sagittarius A quasar, which can most likely be identified with the Sun God of the Central Existence.
That is, from a physical perspective, it is simply a quasar, which is most likely physically a supermassive black hole with a hidden singularity, located 27,000 light years away from us. Its mass is approximately 4.3 million solar masses, and its gravitational radius is 12 million kilometers, or approximately 17 solar radii.
However, from an esoteric, extraterrestrial perspective, it may indeed be the Sun God.
The Central Existence, which has its own Mind, which is very large, and I do not know exactly how the intellectual process of regulating life in the Galaxy occurs, but nevertheless it is possible that it is from this central Quasar that the signals that control Galactic Life emanate.
Yes, most likely, these very life-controlling communication lines exist, which the Zeta Reticulans call nanite, although I don't know for sure whether they came up with this name, but it's an interesting hypothesis.

That is, it's possible that string theory is correct and there are cosmological superstrings that geometrically connect the entire Milky Way Galaxy, radially and circularly.
And it is along these strings that signals are transmitted.
And so Control signals from the Sun God of the Central Existence are transmitted via radial channels.
As a Great Supermind, He can see far, observe entire worlds and planets, and adjust the parameters of the physical environment in star systems so that life can form there.
He does this with the help of special living and intelligent beings, most likely referred to in religion as angels.
They can somehow perceive the signal He transmits via radial communication lines and, based on this signal, which is most likely simply a control program, create life on these worlds.
But it's even more possible that the God of the Central Existence can directly adjust gravitational parameters, since the rhythm of the Galaxy's movement is most likely controlled by him, just as we humans control the rhythm of our bodies.
That is, these lines of communication are radial—very similar to the nervous system that connects the entire organism.
At the Galactic level, the Galactic Sleeves are more like the Hands of God.
And that's why it's interesting to assume that, in fact, the God of the Sun of the Central Existence, as a living being, can sense and control himself, but the nature of his movement is more like a dervish dance—that is, rotating around its own axis.
And so it probably regulates its rotation so that the worlds it creates, populated by intelligent life, thrive, because most likely it simply senses life and loves when living beings rejoice!
That's all.
But it's even more interesting to note that there is a mental synchronization between the processes of the galaxy, which

precisely regulates the synchronicity of the rotation of the Galactic Arms.
Because most likely, the information that comes through nanite channels in in the opposite direction, that is, to the Galactic Center, it is collected within the Mind of God and is presented in the form of a Quantum Hologram, which is very Large, Detailed and in which the God of the Central Existence simply lives, just as we live Within our own mind, which is a thing in itself, yet nevertheless possesses a transcendental connection with physical reality.
But nothing in our world is physically unreal, because space connects all physical objects together and allows us to continuously view them and transfer information between them.
So, radial nanite communication most likely operates on the gravitational principle, because the information carrier in it is most likely gravitational waves.
But circular nanite communication is most likely an electromagnetic communication, carried out through the transmission of electromagnetic waves, because it is most likely associated with communication between stars and planets, which may also be intelligent.
And if we imagine that there are simply special points within electromagnetic Fields of astronomical objects, which, like black hole singularities, are in a superdense state of Planck matter, which most likely exhibits instability, but this instability is imaginary.
Because in reality, this is most likely the nature of time, that is, time is an imaginary dimension.
And so, if we imagine our thought this way, it is simply a disturbance within the mind, which simply represents a singularity, albeit one that has taken the form of a hologram.
And so it turns out that quantum physics explains the nature of time very simply.

Because there is a certain superposition of a quantum hologram or a quantum function—depending on how we look at it—from the point of view of holography or from the point of view of mathematics.
And this superposition is reduced to a certain state, which is the next moment in time.
And it turns out that our singularity fluctuates, but if there is no physical system such as an organism or a reality transcendental to it, that is, simply the surrounding world with which it is connected, then These fluctuations may be stable or unstable, but most likely unstable, that is, simply metamorphoses that are similar to dreams.
And this is how our fantasies differ from reality: the degree of connection with physical reality and the body's memory is simply lower in one case and higher in the other.
In our fantasies, we are rather detached from reality, but we simply divert our attention from the physical system of our body, and here's how this happens, and it can even be very simple.
Our attention, like some peculiarity of superstrings, touches those objects in physical reality that are connected simply to the image of our quantum hologram inside the singular point of our biofield, which is simply a mind enclosed within our soul, while the soul is more connected to our body.
Because it may be that this Chinese qigong system simply explains a deeper connection between our soul and our body, which...
Scientifically, it's called a biofield and an organism.
But in qigong, it turns out there's a subtle system of channels that act like lines of force in an electromagnetic field surrounding a physical object.
Our planet also has such a field, and it, too, is alive.
And so we treat it so badly that simply by killing living beings we harm it.

Because living beings are like her cells.
And so she feels their joy and their pain.
Because when a living being is happy or in pain, a vibration is emitted into space, which is of a physical nature and most likely is electromagnetic in nature; that is, electromagnetic waves simply propagate from living beings, carrying information about their state.
And our planet picks up these waves, because everything that happens on its surface is happening inside its soul.
And so it is concerned and most likely reacts to these vibrations depending on whether they are positive or negative.
And right now, people are emitting mostly negative vibrations because they are simply destroying life on Earth.
This is simply not acceptable.
Life must be respected and protected.
And these slaughterhouses, poultry farms, fishing vessels are...
It's simply horrifying, because even in our country, approximately 150 million people are killed each year, simply based on the biomass of living beings.
And it's our attitude toward life that allows living beings to be killed like this.
And that's very, very bad.
And the Earth doesn't like this, it simply feels that living beings on it are suffering.
And for it, there's no difference who dies, it simply feels pain —that this cell of itss is in pain.
She experiences it.
And she's very wise.
She's starting to think about it.
And why is it that animals are constantly dying on me?
And she most likely sees through the eyes of living beings— that there are sinful people, that this is how they get their food.
And she Then she thinks, why do I tolerate them?
And so she thinks that people are simply a disease.

Because people not only kill living beings, but also pollute rivers, which for her are like vessels that carry her life energy, and people pollute these vessels.
And this makes her feel sick.
And she thinks the air is not clean, and this makes her feel bad, because it’s like being in a haze — very bad like this, when there’s smoke all around and you can’t breathe.
And so she becomes disgusted with people.
And she’s been thinking about this for a long time and she’s come up with the idea that if a person behaves like this, then let him be damned, that some secrets and higher worlds will be closed to him.
Because people simply behave like this — they are simply not worthy of being on Earth at all.
And so if people have a bad attitude towards life, then they will simply degenerate.
And that's exactly what's happening now—children are being born with deformities, and it's happening very, very often.
And people get sick very often because they've uprooted themselves and can't thrive.
They look like a stick stuck in the ground, simply not needed.
No one.
Because all his technologies are so crude—they're just a stick that can only do harm.
And so he kills living beings—and they have souls.
And these souls in the planet's etheric field continue to live.
Because, at a higher level, the souls of beings are the living feelings and thoughts of our planet.
And they are in great pain now, because it's like destroying a temple of the soul— killing a living being.
And the Earth is also in great pain because of this, because it feels all this.
And that's why it doesn't like humans.

And this is a secret, but as long as people continue to kill living beings, they will simply live in a nightmare, because the Earth is in pain and its living beings are in pain—it's simply taking measures against this kind of disease.
And so we think that it's just that earthquakes, floods, and hurricanes happen—but most likely not, because That the Earth feels so simple.
And if an earthquake happens, it's most likely simply shaken by people, and it wants to throw them off as quickly as possible.
And when the wind is strong and there's a hurricane, it might just want to breathe fresh air.
And tsunamis don't just happen.
The Earth doesn't want people on it who are so attached to life.
they treat me badly.

# Beeches

Bubububububu—what is this?
And while you're reading this and thinking about it, where does your attention and time go?
It's simply wasted on emptiness.
But seriously, you need to read books very carefully, because on the one hand, they drain your attention and time, which can be boiled down to one concept: energy.
And so you read this, and your energy is being expended.
Simply because transmitting signals in the nervous system requires ATP energy, which you get from eating, drinking, and breathing air.
And if you don't take this into account, you can simply waste a lot of your energy on nothing.
And that's also very bad.
It's disrespect for your life.
So, if you do this senselessly, you simply don't love your life.

And so people simply devalue their lives in all sorts of ways, because a person was born and went to school, and they taught him to read there, but then, instead of intelligently reading only what might be useful to him in life, he reads all sorts of nonsense.
And these horror stories, these soap operas, these detective stories—none of this is serious.
Because you need to read scientific literature, which is accurate, because it is obtained through scientific research.
But what I'm writing now is stable diffusion—because that there is a lot of information in my brain — and some of it is scientific, and some of it is my fantasies.
And I can fantasize a lot...
Nafanya!
It's no fun!
No, seriously.
It's just that now you realize that you're continuing to read this, and this nonsense could be mine.
But you're just not thinking.
The black symbols on your computer screen have the same dark energy.
You might know that drinking coffee or smoking is bad, but you don't know that reading books is bad.
You don't know that.
Because books are like coffee for your eyes.
You read about something, some ideas excite you, but your time and attention are gone, irrevocably.
And maybe it's better if you just say to yourself, why do I need to read all this?
Maybe I'd rather meet my girlfriend now or text my boyfriend.
Because love is more than just some letters on a screen.
But we live in a world where you simply need to read the essentials that our society demands, because there's no other way to bypass its algorithms and update it.

Because you simply need to know the general meaning, that is, to understand the words that People pass it on to each other in order to better understand them and communicate with them.
There's just so much literature out there these days, so you don't need to read a lot; it's better to just read and understand the basics.
And what's assigned in the school curriculum is good to know.
But you just need to take it easy.
If you're assigned a lesson, you have to complete it.
And if something in life is explained to you in a certain way, you have to apply it.
And so they explain to us that there's mathematics, geometry, physics—and all of this needs to be understood in a way that can be useful in life.
Because if we need to build a house, we'll need to be able to measure, calculate, and model.
And those who apply their knowledge better in life live better, simply.
Because if you don't even apply simple arithmetic and don't calculate your income and expenses, but just live as you please, then life ends up being a complete mess.
No, I'm serious.
You simply can't read too much.
It tires your brain.
And when your brain is tired, your thoughts stop moving.
And if a person's thoughts stop moving, they seem to be in a stupor.
That is, they don't respond well to life's signals, and therefore they miss a lot in life.
They miss out on joy.
And so, we simply need to contemplate and observe more—because these qualities are very important for a person.
Because through the eyes, a person feels life better.
And other people.

He also feels with his own eyes.
And that's why a person empathizes with others better when he sees them.
And it's bad to leave people.
And to break ties with people like that.
You need to take care of your people and love.
Staring at monitors and TV screens for long periods of time is also bad.
Because the eyes don't like being under strain for long periods of time.
They need freedom, plenty of space around them, so they can see into the distance.
So, you need to walk and look more.
on the world simply.
And it's even better to create something with your own labor.
Plant flowers, grow trees.
We have a very It's not enough to just look at things in the city.
We need more plants, and more people to care for them.
And plants are a joy for us, because if we treat them with love, then They give us love.
They are alive and they need to be loved.
And through the eyes, a person conveys their love, because human attention has the quality of love.
And if they look at something for a long time, then this is how they convey their love.
And you shouldn't love books like that.
It's better to look at people and create beauty.
And not this blah-blah- blah that no one will read.
And even if they do, they'll just be wasting their time.
Because stable diffusion just sucks.
Computers can already generate text like this, and no one cares about all these pseudo-stories.
The truth must be written if something needs to be conveyed to people.

But simply buying lavender or eustoma seeds from the store is much better, and planting them in pots will help them grow beautifully.
And then you can give them to your girlfriend as a token of your love, as if these aren't flowers to be thrown away—these are true loves of mine, the kind I want to see grow and multiply.
And God loves this very much.
And people also love it very much.
If a person lives wisely, then he doesn't just follow a pattern, but rather creatively comprehends everything.
Because if a person contemplates more, sees more, then his mind simply works better.
And he can then look into the future.
Because images accumulate in his head, and then he can To see and distinguish what he's doing wrong in life, if bad things happen, and what's wrong if things are going well for him.
And this is very important—to see, to look, to observe, and to be very attentive to people, to nature, and to life.
Nature simply has a very bright energy.
Because the Sun is the source that nourishes our life.
And if the eyes interact more with the light, then the soul becomes bright.
And this is what everyone is looking for, called enlightenment.
But few people understand that all beings possess the Buddha nature.
Because if a person develops correctly, their eyes are tuned to sunlight, and they don't harm themselves in any way —that is, they live a righteous, upright life—then by old age they'll likely become wise.
Because our soul is a photonic computer that operates on light holograms.

And if she has a deficiency in light holograms because a person simply read all the time, poring over books like a damned Koshchei, then they simply suffer from a distortion of morality.
And this is the problem with all people who love books and read a lot, instead of simply seeing.
Because they get entangled in life's web, like in a spider's web, and they confuse others.
And so you just need to take a morning off and go out into nature for a walk.
Look at the river, get some sunshine, breathe some fresh air.
And that's it.
This should be done more often—it purifies the soul.
And if you look at the sky for a long time—and you can do this anywhere—your head simply becomes free of negative thoughts.
And this is like an antidote to all this artificial information.
Just look at the sky...

# God wants a Garden of Eden

A person has a bioenergetic field that permeates and surrounds his biological The body.
This bioenergetic field contains higher mental functions such as feelings, perception, thinking, and will.
Within this bioenergetic field, there are various centers that perform various functions of bioenergy management.
These centers are connected to the centers of the nervous system and the energy channels that run through the body.
Yoga describes all these centers very well, while qigong describes many more different channels and meridians of this bioenergetic field.
This biofield is the human soul, which is electromagnetic in nature.
And yet, in life, we don't take this into account.

Because we simply don't understand the nature of our own feelings.
Our feelings are electromagnetic in nature.
And that's why we feel Bad—we should pay attention to this.
Because the electromagnetic field permeates all matter.
And our body most likely communicates with us by sending a signal about its state into our biofield.
And so, if our cells are sick, if they're clogged and entropy has accumulated, they send a signal of suffering, and we feel ill from it.
We simply feel pain.
And it's very similar to a feeling of compression, like something somewhere in our body is being squeezed very tightly.
This feeling shouldn't exist in the body, because if our cells suffer, it affects our biofield—it simply contracts.
And our soul simply shrinks, and this makes us feel dark and we seem to fade away.
Therefore, we need to be attentive to our feelings.
To avoid such states, when something inside you is hurting.
And other senses also transmit information about the state of our cells in this way.
And It’s very easy to understand them that when they feel good, they send joy and light to our soul.
And this is more like a feeling of expansion and lightness, when we feel that we are well.
This is how our soul grows.
And this is such a good indicator that if If we do everything right, then our soul will grow.
But it's all very simple, because we can notice when we feel good and when we feel bad, and simply work to increase those good feelings over time.
But you can't deceive your feelings—they should be natural.

That is, you must live a righteous life, keep the commandments, do no harm to anyone, and live in love for yourself, your neighbor, and God.
And then your soul will grow.
And you'll simply begin to sense others better.
Because when the soul grows, it begins to read signals from the biofields of the beings around it better.
So, for example, when you pass someone, you'll notice some unusual sensations appearing in your body.
It might just vibrate somewhere.
And this is called bioenergetic resonance, because if your soul is sufficiently developed, then your biofield can simply read the vibrations of other people.
And you can, as it were, read the state of others.
And this is how you begin to understand what kind of people are around you.
And if you feel good in your heart when you're around someone else, or if you have good thoughts in their presence, then that person is good, because they cultivate their higher feelings in this way.
Good people simply vibrate at their higher centers, and they have very little entropy.
And so our body simply repeats the structure of our biofield, therefore it is not for nothing that it is said in the Holy Scripture that God created man in his own image and likeness.
And this just as an indication that the soul is connected with the body, and the person as a whole is unites both the body and the soul.
And so the soul has an eternal nature, and the body is only lives forever.
But the body is like a temple for us, a place where our soul lives.
It's just that, because of sin, it's not long-lasting.

But if we understand nature more deeply, if we give up our destructive habits—the way we harm ourselves and others with our behavior—then we'll simply begin to feel our souls better.
Because it's a secret.
But when the body is damaged or sick, the soul simply begins to nourish the body.
And it simply shrinks and shrinks.
And it makes no difference if we damage others; our bioenergy goes to those we damage.
Because that's simply the ecology of the soul.
Because our souls are simply particles of the soul of our Earth.
And it simply senses that if its being is damaged, it simply redistributes its energy so that there is less suffering.
Therefore, animals cannot be killed.
And people cannot be killed.
Because our souls simply perish because of it.
And so I spoke about different forms of matter precisely so that you would begin to feel better that all of this is within you, because biological matter is the most complex – It combines all types of matter within itself.
And so our biofield consists of three forms of matter: magnetic lines of force, light, and electricity.
And it's all very simple, really.
In our natural state, we simply All these types of matter are balanced and exist in harmony.
And we simply have a strong field, and its structure is like that of a tree—that is, it is strong, and it protects us from external emotional fluctuations.
But if we get sick or injure ourselves or others, we simply use up light and electricity.
Because when our cells are damaged, they simply begin to use up light and electricity to repair themselves, and they simply draw light and electricity from the biofield into themselves.
And that's why it looks externally like a darkening.

That is, the biofield darkens if we do something wrong.
And so people simply say that there's a darkness in their soul—that's precisely why all this is happening, that the person has done something wrong in their life, treated others in some way.
Because if we've offended someone in some way, it's also like pain, only it's formed on a more subtle level.
Because even if a person doesn't live up to some expectations, it can simply give the other person a headache.
And this looks like a darkening in the biofield in the head area.
Because it's just the way it is, something in us gets damaged due to resentment, and it's probably just the memory cells in
The brain reacts in such a way that the connections between them begin to collapse.
And it is because of this destruction that this pain occurs.
But there are different forms of energy, and pain is like dark energy, because it’s just Light draws in.
But there are other forms of energy.
Light energy comes in different colors.
There's violet, blue, light blue, green, yellow, and red—all possible shades.
I just named these colors, but this is probably how it works best for a person if all the colors are in harmony, that is, if their soul is simply light, that is, white.
Or maybe with a slight tint of another color, but white is simply the color of happiness.
Because when all the colors combine and the centers of the biofield exchange energy efficiently, a white glow is formed.
But some have white, and some have gold, or amber, or it can be purple, or blue, or green — and it can be of different tones, but white light is like the light of the Sun.
Ours.
That is, simply very harmonious, especially for us.
Because that's how it happens in life: it's the Sun that gives us light.

And the biofield simply accumulates this light, that is, incandesces it.
And this is very good for the soul, because the soul becomes bright.
And it's precisely if a person spends a long time in nature, in the sun—just walking around, looking at things.
Looking at the sky.
And if you look at the sky for a long time, then a person's thoughts become clear.
That is, There's a connection with the sky.
And maybe the blue color even washes over his biofield because it's very pure energy—our sky.
And a person's thoughts become just as pure when they look at the sky.
But if someone looks at the Earth, it's very bad for them to do so right now, because the Earth is not feeling well, and it's transmitting negative energy.
And anyone who constantly looks at their feet, nodding off like that, is also in a bad mood, because the Earth is simply in a bad mood right now.
The Earth is simply not feeling well because of people.
She also has a darkening in the biofield on the surface.
And so it's better to look at the sky more.
And you should also watch your step, but this is especially true when it's slippery, the road is poorly lit, and there are potholes or rocks on the road—just to avoid tripping.
Trees are also good to look at—their green foliage is calming.
And here's the secret: what you look at creates a kind of psychoenergetic connection with it.
And so you exchange energy.
If you have a lot of energy, you can simply give, but if you have little energy and little light, you take more.
And you just need to understand that your mood depends on what you look at.

So, you need to look at something natural, harmonious, and pure.
The sky, trees, and flowers—they all emit very good vibrations, but the sky has the purest energy, so it's better to look at the sky.
Because trees can also feel bad, and flowers can also be angry and harmful—especially cacti.
But people do very bad things when they just look at things online and there's a lot of dirt there.
And it's also better not to look at books unless necessary.
And in general, objects tend to have bad energy—it's better to look at people and the sky.
Because that way, your glow will be pure, your thoughts will be clear, and people will treat you better.
They will be there, and you will be helping them in a way.
Because this is the nature of energy exchange: if you have a lot of pure energy from the sky, from the sun, you simply charge others with this energy, and they are purified.
And so you just need to look at yourself: if you spend energy on movements, thoughts, feelings, then you dissipate this energy, but if you remain calm, then the energy accumulates within you, that is, it builds up.
And so you can simply live peacefully, without stress, without any fuss, just do what life requires of you to a minimum, and it will be much better for everyone.
That is, sacrificing yourself, chasing ideas, thoughts, impressions, emotions—that's not necessary.
You simply expend yourself quickly, and your field will darken, and that's not good.
Because for those who spend themselves like this, the field is dark — it’s like a black hole that simply sucks in the lives of the people around it.
And that's why you need to live a simpler life.
Like a bird.

Everything Christianity says is true.
Because if you live like that, like in flight—looking at the sky, loving people, talking to them a little, but listening more, eating simple food and drinking pure water—it's very good for the soul—it will simply grow, and you will help others.
Even someone in your field can feel your love too.
And love is a very good energy, very harmonious—it simply heals.
And even physical ailments—love heals all of that faster.
But you still need to work on your morality.
Because you can't indulge in any kind of fornication.
So that it would be in life.
That is, even as a saint, you simply need to observe all the commandments.
And it's probably right that Muslims simply can't look at girls like that.
Because the eyes are a very sensitive organ, and so if you look at such images, your instinct simply turns on, and it reconfigures your biofield, and it's like the color red, that is, a red card for you.
And for girls, this is also very important.
That's why that in fact they should be the ones explaining all this, because they simply feel it better.
But I'm explaining this because I've experienced it myself.
And it's really bad to treat children like that.
They need to be taught that feelings are incredibly important in life.
And that you need to be sensitive to the people around you.
Because that could even save a child's life.
So, if you explain to a child that you feel there's a strange person around you—negative vibrations emanating from them, or they're acting strangely—then you simply need to explain to the child that they shouldn't even talk to that person and should simply get away from them as quickly as possible.

Because such people still exist today.
They walk among us.
They're like predators—they eat meat.
And they emit very bad frequencies, because their energy is deadly.
And their thoughts are very bad.
They're simply very dirty inside, and they can simply cause harm.
They're potentially dangerous people.
And those who work with chemicals—all these photographers, chemists—all this is also very bad, because where a person's body is damaged, their morality is distorted.
And because of meat, a person's morality is also distorted, because their lower centers are active, and their upper centers are susceptible to dark thoughts.
And these dark thoughts—they can be very dangerous, because anything can happen, because a person's nervous system is still very immature.
And that's why we all need to switch to a vegetarian diet as soon as possible, so that it becomes safer for us to live in society, so that we don't kill each other.
God is our God.
He created us simply so that we could eat the fruits of plants.
And we can be moral only if we observe His commandments.
And "Thou shalt not kill" is the most fundamental commandment, because only by observing the commandments does a person become human.
And this must also be fulfilled in relation to animals.
Because if we allowed the murder of our brothers like this, If we take smaller ones, then we're already seeing a sickness creeping into our society.
Because the energy is very dark because of murder.
And so people are simply darkened by this.

And because of this darkening, people simply don't see what they're doing.
You need to keep the commandments.
You need to read the Holy Scriptures carefully and go to church.
And then you'll begin to understand that you need to be vegetarians, because God created us this way, so that we can absorb the sun's light within ourselves, and plants simply help us with this.
And it will be easier for all of us if we become like birds.
But nature is given to us so that we can look at it and learn from it.
Because in nature, everything exists in harmony.
And where the birds sing, it's very nice.
And it's very nice just to listen to the birds.
Walk in the forest, listen to the birds, breathe the fresh air.
But if you're into gardening or growing fruit trees, that's also very good—it's very beneficial for the soul, because even Buddha—he sat under a tree and his soul became light.
He simply became enlightened.
Because it wasn't just any tree, it was a fig tree, which Jesus also loved very much.
Because all the saints love trees very much, because some kind of memory from God awakens in them that trees are our friends, that they, too, should be loved like our green brothers.
Our minds simply awaken when we look at nature, observe something—trees, birds, flowers.
Because these are ancient memories within us—they simply reveal our nature to us.
That if we behave correctly, we are worthy of the path God has created for us.
Namely, to be like the gardeners in the Garden of Eden.
Because that God wants a Garden of Eden.

And that we would simply be like light elves in this garden—so that We had souls as big and bright as those of the elves, and so that we could live long — thousands of years and maybe more...

# Holy water

We treat our water very poorly.
The energy of water is very pure.
And so we need to We treated water this way—that it was something very pure, sacred to us.
Because water purifies everything.
And therefore, we must not pollute water.
We must treat water differently.
You can even try cleansing yourself with the energy of water.
It's all very simple.
Just try drinking more than 2.5 liters of water on a day off, as recommended by the recommended daily intake standards, which simply define the minimum amount of water a person needs.
You need to drink more.
But you can't do this without preparation.
Because if you're overweight, you'll feel very unwell.
You need to first get your body back into shape, that is, simply take up aerobics and running, or even cycling or running on a treadmill—and you need to do this until your weight returns to normal.
But weight is more related to how well you use your energy reserves for heat.
Because if you simply do more running or aerobics, you'll simply notice that you're more became slender.
And that's when your body definition will reveal its natural shape, when your muscles will become strong.
And this can be a very long process—it can even take a year or more.

Consistency is key.
You'll make progress if you devote several hours a day to this every week.
And of course, you'll also need to adjust your diet, but that's simply because you'll need to stick to a vegetarian diet.
And it’s very simple when you acquire a healthy body shape — and large muscles are not necessary, that is, you shouldn’t engage in strength training, because large muscles — they use up energy resources, but when everything is compact, and there is simply tone in the muscles and sufficient strength for natural movements, for running, then then you can try to do this water purification.
But what I mean is that water cleansing can be continuous, that is, if you even just adhere to the norm of water requirement, that is, drink 2.5 liters a day, then your cells simply automatically cleanse themselves and all the body's systems function better.
But drinking tea and coffee isn't very good because they're poisons and they simply increase water consumption—because they're perceived as poisons by the body, and that's true, because caffeine is a nerve poison that's designed to keep small bugs from damaging the leaves of plants—like the tea camellia or the coffee tree—but that's not the point, what's important is that the body becomes dehydrated.
But when it's depleted, metabolism is disrupted, and toxins accumulate in the cells, leading to self-poisoning.
And the person feels unwell.
That's why it starts.
But since this feeling gradually accumulates in a person, since toxins also gradually accumulate, the person simply doesn't notice it.
Coffee and tea also have very dark energy.
And even a person becomes angry if He drinks these drinks all the time.

I certainly have my suspicions that coffee and tea can be used as medicine, that is, phytotherapeutically.
But this should Herbalists should know and talk about this.
But we have very poor medical education.
So, if you're a doctor, it's probably best for you to think about this yourself.
And so, write something for us, and tell people about it, because we lack medical knowledge.
We really appreciate it when someone so clearly explains to us that if you do this, these are the consequences, and so on.
A very simple water cleanse can be done quite quickly.
It's possible, if your body is already toned, your muscles are well- developed, everything is in shape, and you can run.
You can simply try drinking 5 liters of water a day instead of 2.5.
And you need to do this very carefully, because when water enters the body in such large quantities, the tension in the tissues changes, and the body becomes hydrated, and all the cells swell.
But it's not bad if you're in good health, but you might have been sick, or inhaled smoke, or drunk a lot of coffee or tea, or simply been poisoned.
You just need to walk much more slowly and not strain yourself, because if you walk too fast and strain yourself, you could simply burst.
So it's better to just stand or sit quietly, and do something like read or drink water all day.
A glass or two every half hour is fine, but that's when you're drunk.
You can also just drink a lot of water on an empty stomach—that's what kids do—they get really drunk, and then they still move around a lot, but they're just not injured and they're in better health.

So, you can't move around like that when you're really hydrated—you need to walk slowly and not strain yourself, maybe even avoid doing big squats, because It could just be dangerous.
And if you don’t move, or move slowly, smoothly, then it’s better to drink water gradually.
and cleanse gradually.
But you need to drink water on an empty stomach, because that's how water and It's absorbed by the body when you're not eating anything.
If you're just eating, it'll be absorbed more slowly, so you can eat it too, but it should be something light.
Maybe porridge, bread, or some fruit, but not too sweet, so your pancreas feels good.
And maybe a little avocado, because avocado isn't sweet and it's very good for nutrition.
And once you start drinking water like this, your entire body will simply start to fill up with water.
And if you were low on water in your organs, your water levels will increase.
You might even feel a heaviness in your arms and legs.
And you'll start to feel your internal organs.
And you might even feel your lungs, too, because toxins can accumulate in the lungs and internal organs.
And it's generally better to do this when it's warm, because if your home is warm or your heater is on, you'll simply begin cleansing through your lungs.
The lungs are also involved in cleansing the body, and the body simply expends energy on cleansing.
And you might even feel a little unwell from the toxins that have accumulated in your body.
But it's just a secret, no one tells us about it, but as children we communicate better with water.

And then it starts—all these teas with sugar, candies, waffles, Cakes, coffee...
Well, the city can have bad ecology, and there's also soot and smoke at work.
All this just accumulates in the body, and we simply don't notice it.
That's it.
But at first, you'll likely just need to go to the bathroom, and your urine will change color—from yellow to clear.
This is an indicator of your health: if you go to the bathroom and your urine is yellow, it's probably not good because you're accumulating toxins.
However, if you drink more water, your urine will become clear—and that's a good sign because it means you're filtering toxins from your blood evenly and you're not accumulating them.
But here's another important thing: if you have a lot of toxins accumulated, you may start to get a headache.
Because when your cells are cleansed by water, they release all the toxins into the blood, and the blood constantly circulates.
But our kidneys and liver work slowly, and therefore they may not have time to neutralize all the toxins.
Therefore, if there are a lot of toxins, they can simply start to circulate through your tissues.
This is not very good.
Of course, if you feel a headache in this case, it's better if you simply feel less Then drink water, and just spread out the cleansing over several days like this.
Because a lot of water actually accumulates around the brain—it's called cerebrospinal fluid, a protective fluid that protects the brain from physical damage.
It also cleanses the brain.
So, if you do everything right at night, drink enough water, have fresh air in your bedroom, eat vegetarian, and don't

overexert yourself at work, and if your bedroom is as dark as night, meaning there's no artificial light—then your brain cells simply shrink during sleep, and this fluid simply flushes everything out, flushing out all the toxins, which then enter the bloodstream and are then excreted by the kidneys.
And it's very good even if you keep a pitcher of water next to your bed, because sometimes the night can get hot—and heat is very good for healing.
Even if the blanket is warm, or the room is simply hot, you'll improve fluid circulation, which is very important.
Because the body will simply cleanse itself and recover faster.
But what I described to you is such an extreme method of cleaning, when you come to this We're ready.
You can also simply do a long water cleanse like this, drinking 2.5 liters of pure water per day.
It just takes longer, and it might even be better for everyone because it doesn't put as much strain on the body.
So it’s better to just run, do aerobics, walk in nature, Nordic walking is very good, or just go hiking in the mountains – all of that too Very good.
You just need to make sure the air is clean and your diet is vegetarian.
And of course, the water should be clean, filtered, and cool.
So it's best to take the time to invest in a high-quality water filter.
This water is very good for drinking because these minerals and large particles, which can taste like salt or chalk, can form kidney stones.
This is very bad, so you need to drink distilled water.
Then you'll realize you'll feel much better, and your head will even become clearer, and your thoughts will flow freely—just like in a mountain stream.
Because I like to compare it this way: if we drink clean water, then we become like a mountain, and through us the water

flows as if from heaven to earth, and it is very clean, transparent, spring-like — it babbles.
And then our speech becomes just as clear, and people begin to understand us better.
It's just that the energy of water is such that we simply don't take it into account in life.
If we don't have enough water, then we simply emit more entropy through our actions and speech.
But people don't like entropy, and they begin to resent it, because entropy is...
It's like underwater rocks.
When the water hits them, that's when these rapids start, all this fuss, conflicts can happen.
And if we understand water correctly and accept it, then everything is very smooth for us, and we embrace each other, or flow around each other, or merge with each other—that's what's called love.
And that's very good.
It's good to love.
But we need to be much more careful with water, because our technology is very poor quality.
And we really need better toilets, because the sewer system is really bad, a lot of waste accumulates there.
And this has very bad, nasty energy, and the earth feels it, and that's why if you walk around the city and look at the Earth, you start to get negative energy in your head, because the underground in our city is not clean.
And so, for those of you reading this right now, just think about how things could be done differently, and like in Andy Weir's The Martian, it's probably better to have composting toilets that filter water separately and package solid waste like fertilizer.
Because, in reality, there's nothing wrong with waste.
no, because for the earth, our waste is like soil, because there is a lot of it microelements and bacteria.

And if we approach it this way, we should simply have different toilets in apartments that take this into account.
And it's probably even better if the houses of the future have a water system like this.
A recovery system.
So the water will simply be purified and released into the atmosphere, while the solid particles and minerals will accumulate in the filter, and then the filter can simply be burned or used as fertilizer.
But it's very simple, just someone I have to do this.
And this is exactly the kind of task that an engineer like you can show us!
But if we don't have sewage systems in the city and have solid waste recovery and disposal systems, then we won't have any bad energy underground, and that's a very good thing!
Because then we'll feel much better about ourselves bioenergetically.
Because if we honor water like this, that it's sacred to us, that it's...
Our life, then we will simply be much better — we will be clean with you.
And the surroundings will be clean too.
And that's why we can't dump toxic substances into rivers like this, and it's time for us to put an end to this bad attitude towards water, because we are poisoning ourselves.
And we just don't understand that we dump our waste into the rivers, and it pollutes them, and the organisms that live in them, and that's how this pollution reaches the seas and oceans.
But we need everything to be clean, because we're simply not doing well.
We'll feel it if everything isn't clean.
And you just can't just leave trash on the shore, because it could end up in the river and then float away.

In the sea, and then the marine organisms suffer because of it, and the fish can also get sick from it.
But we eat fish, and we don't understand all these processes... We simply can't even eat fish, because it's like a sin—the Lord told us that we need to be like birds and feed only on bread and water—that is, a vegetarian diet.
But we didn't understand that.
We simply need to understand that water is sacred, and the living creatures that live in it are also sacred, and they simply can't be touched, because they are simply a miracle for us, which we must protect.
Because life evolves, and we simply interfere with it, while monkeys simply do it with their hands and We're poking our way into the water with sticks.
We can't just go into the water like that without the attitude that fish are the future sea people.
And even around our hydroelectric power stations in reservoirs, we need to install special nets right down to the bottom, so that fish don't die on the blades of hydro turbines, because it's very important that we take ethics into account even in our technologies.
And maybe it would be better to reorient our entire fishing fleet and send our fishing vessels to catch garbage in the World Ocean, because it’s simply a disgrace for us – that there are already floating islands of garbage there and that all the fish are already poisoned by the microplastics that form from this garbage.
And even better, we could give these fishing vessels to the Ministry of Emergency Situations, which would then cruise the ocean like this.
If something were to go wrong, they would immediately dispatch the nearest vessel to help, and then people could be saved, and even animals, if there were an oil spill.

And that would send a message to the world that Russians are good, kind people.
And everyone in the world would love us better.
And even Americans will start to think that these Russians are great—and we want to be like them, because we, too, want to grow up to be true heroes, to save people and restore the planet's ecology.
And we'll simply establish better communication with all countries...
Just think about it.
We must treat water and living things with kindness, because living things are created from water.
And the life within us is our holy water.

# According to God's plan

As I already explained in my other post, man has the image and likeness of God, that is, a soul and a body.
And the body is not eternal, but it lives for about 100 years in our time, which is why we call each other "man," that is, "a brow that passes through the centuries," as our Russian thinkers and artists, the Roerichs, noted.
But the soul—it has an eternal nature and therefore simply passes from life to life like this, through the centuries.
Therefore, most likely, "brow" refers more to the soul, because it catches "chi" (rays of glory)—that is, light energy.
But a century refers more to the body, because this is how we pass between lives, and once a century we have to choose our body, because This is how our genetic algorithms are set up now, that we live so little.
But we live short lives precisely because we are simply sinners.
And if we return to the ideal of God, which the Garden of Eden wanted to see on Earth, then we will live much longer.
And we need to study why this is so and think about it.
Because it is very, very interesting.

Here.
Trees are very wise, and in the Garden of Eden, people simply communicated more with the trees, and trees are very calm, and that's why they live long.
But they understand light better.
And they sense water better.
And most likely, they even have subtle senses.
And therefore, if we return to nature in life, specifically to the trees, to water, to our Sun, then we truly prolong our lives, because this is the path to holiness.
To be as wise as a tree.
And so there were these Druids—people from the Celtic people who simply worshiped the Sun and nature and loved trees — and they were simply such a bright people, who left us such beautiful music, soothing, attuning us to the rhythm of nature.
And then these Romans, like simple criminals, destroyed this good people with their iron technology and sword.
Not all of them, of course, but they simply interacted with them so brutally that their current descendants...
"The Europeans are so nasty, they've been messing with us for a long time.
They're certainly smart, but more technologically.
They focus their attention more on the material world, like in a simulacrum.
That's why they dominate the world, interfere in the history of other countries, and a lot of bad things happen because of them.
But it's just the nature of people: they're more materialistic than spiritual." Our people were closer to the Celts, but that was before the revolution, and the revolution could be considered the same kind of crude interference, only from our other sub-ethnic groups.

So, again, these iron men harmed us because they were simply rude and didn't understand that you can't just stage a revolution, but simply need patience and Christian humility.
And if people possess patience and humility, they are simply following an evolutionary path.
And the evolutionary path is a very, very wise one.
Because God is in no hurry; He simply knows so much.
And He understands that it's possible to slowly lead people toward His ideal, while He wants to see a Garden of Eden on Earth.
But in the past, he wanted to create a Garden of Eden for us, and now he sees that people have strayed from his ideal, and he probably just understands that he can simply help people a little and correct their path.
Because technology, of course, is probably not his plan, because the Holy Scriptures say very little about it, and most likely, it is our sin.
But God is very compassionate, and he is still kind to us.
wants us to simply become smarter and wiser.
And our technologies should simply become more environmentally friendly.
But this is very easy for us to do, because when designing our technologies, we simply need to think ahead: how will this affect the environment, and how will people use and dispose of these technologies when their time comes.
And so, like Nature, man simply needs to think that there should be a closed production cycle, including the disposal of old equipment, and, moreover, it should be completely harmless to our ecology, that is, to the hydrosphere, the atmosphere, the biosphere, and the lithosphere, too, so that everything around us is always purely.
But this is simply our lack of understanding.
And we must be more responsible.

But returning to the topic of my message, I can say that our souls are also developing.
And if we dislike animals so much, and they die because of us, then their souls simply begin to float in the planet's etheric field, and they too look at us, and sometimes even interact with us somehow, but we don't see it, and we don't feel it, because we've become crude due to our technology.
That's because if our bodies become clogged by dead food, or by polluted air, or we drink poisoned water, then our soul simply contracts and becomes damaged, and we begin to feel the world worse.
And so This has been going on for a long time.
So, in reality, we, Russians and all people in almost all countries, are now very little different from each other, because everywhere we are, we have this technological, technocratic society that simply doesn't take our souls into account.
And it has such a brutal effect on our souls that our souls become sick and we lose touch with the world around us.
But the souls of animals can be born in our society, because life has a unified nature, and we don't know why there are so many souls on Earth.
But this is truly a mystery.
But where does the eternal soul come from in humans?
And did God give it to us?
And it will be very interesting for future researchers to find out how an organism emerges from its first cells, one that not only has a material component—a body—but also a soul, which in scientific language could be called a bioelectromagnetic field or simply a biofield.
And maybe DNA is a kind of wave computer that projects a biofield from a binary sequence into outer space, and thus it turns out to create in us an image of God, which we call a soul.
And this may be so, and it may not be so.
Because this needs to be researched.

And although we have some hints about this, someone I researched this and discovered that during cell division, electromagnetic radiation is generated, which affects the growth and development of the entire organism.
This is called mitotic radiation, which is in the microwave range of the electromagnetic spectrum (centimeter waves).
But these studies have not been continued, and that is a great shame.
Because people need to know this.
But it must be done very ethically and carefully, so that living organisms are not harmed in the process.
Everything I write about metempsychosis, or the transmigration of souls, is just my guess, but I also feel the electromagnetic field a little bit, because I understand that, in fact, a person has many sensors built into them that collect information from the electromagnetic field.
And this is very interesting, because, in fact, In fact, even our eye is a very sophisticated instrument.
And the sensitivity of our eyes is very, very high, because the receptors on the retina, that is, the sensitive The elements of the visual organ's cells can react to individual quanta of light energy.
And this is very interesting, because we know that we have four types of receptors, and if we look at it this way, we have four spectral regions to which we We have good sensitivity — and this is red, blue, green and ultraviolet colors of the spectrum, but we perceive ultraviolet color poorly, because for us it is like black and white, because we usually see colors like this at night, so that we can most likely escape danger at night, but this is how we got this way of perceiving night light from our evolution, because before the creation of man it was very dangerous, especially in the jungle.
So Darwin traveled the world on the Beagle, a large, beautiful ship.

He saw many living things, all kinds of colorful flowers and landscapes, and he realized that our kind most likely evolved from these tree-dwelling primates.
And it was from them that apes evolved.
But humans didn't evolve from apes, because they evolved from primates, and primates are more ancient creatures.
They simply lived in trees and ate the fruits of the trees, and that's why they have color vision.
developed, that they needed to distinguish which fruit was ripe and which was unripe.
And so we simply inherited this, but we didn't understand that it was precisely because of the trees that God decided that this would be the best body for humans, because he simply...
these funny primates I loved them because they were very peaceful.
And monkeys are also very peaceful and funny, and in some ways they are like us.
And maybe someday they will even become people, but they will have to live like this in the jungle for a long time, because evolution is slow.
They just enjoy themselves like this, eating bananas, talking about something, observing.
And that's good.
It's like childhood for us.
And that's why children are also so happy and carefree.
It turns out that we can simply return to a vegetarian diet, and our thinking will immediately improve, because it's not just a matter of wandering off on a limb; it's much better if the tree of our thoughts—our brain—is as strong as a nut.
And that's why the Greeks had much better thinking, because they loved trees, they grew plants, and they ate more vegetarian food.
And we truly grow just like that, even just by observing the world and being in harmony with one another.

Our soul grows, because the light we perceive when we look at the world accumulates within us.
And if we do everything right and love other beings so much that we live in harmony and no one suffers, then we simply have greater peace in our souls and become observant, like God.
And so we approach His image in this way, as we evolve.
And this is a mystery, but now we have deviated from the path of evolution, because iron has become Looking at stones—and that's like a very ancient past, because there's very little intelligence in stones and iron, everything in them is very crude.
And that's how we become crude if we look at stones and iron for so long.
And so we simply begin to interact with each other like stones and iron—very, very crudely.
And that's probably the way to simply become some kind of asteroids.
Because in reality, it turns out that simply by looking at stones, we simply turn to stone in our souls.
And that's not good at all.
We need to be alive, breathe, move fluidly, dance, sing—these are all manifestations of our life and our divine nature.
So it's even better for us to somehow distract ourselves and definitely take up music, that is, learn a musical instrument or simply learn to sing.
And dancing is also very good for us.
Because when we move, we begin to feel better about ourselves and others, too.
This is how our human qualities develop.
And our speech is also a very good quality.
Because if we are like birds, we will be friends.

If we can transmit very useful signals to each other, we will evolve faster, but we need to do this very ethically, meaning we must be careful to hear and listen to others as well.
And it's very good for us to listen to each other like this.
And reading is good too, but in the future, it will likely become less common because it's bad for the eyes—we can't look too closely because our eyes just stop and don't move, and our eyes are a very delicate organ.
Our soul receives light from our eyes.
So, it's better for us to look less at flat surfaces and contemplate flat symbols and pictures, because it's simply against our nature.
Our eyes need to be mobile, and therefore, everything around us should be beautiful.
And so we must take care of this.
So that everything around us is beautiful.
Because our eyes perceive multidimensional images, and they can even sense subtle energy.
Because this is how God created us, that we perceive a holographic image.
And here are the eyes They collect information very, very accurately, taking into account the space and subtle energy that the feelings of others allow us to perceive, but if we sit with books, Watching a computer, watching TV—all of this leads to us damaging ourselves.
We stop perceiving space and our senses.
Our vision simply deteriorates because of our inventions.
That's why we need to be in nature more often, and look at the sky more.
And distract ourselves from our things, so that we don't look at objects for more than 20 minutes, and take at least 10 minutes of rest every half hour—look at the sky, or at people, or maybe at plants, at trees...
And then our vision will improve.

And our soul will feel better, because our eyes are most closely connected to our soul.
This is very and a very delicate organ.
Because this is how I'm telling you about how our Galaxy is structured, and our Galaxy most closely resembles the Eye of God.
Because this is how God creates our galactic fractal, with intelligence in the center, and this intelligence is very, very wise, because it creates life on worlds, and it created our world as well.
And it was His angels who guided our evolution in such a way that even our eye reminds us of the Galaxy.
Because That's how God wants our eyes to be as alive and mobile as His Galaxy.
And that's how it happens, if we do everything correctly according to God's commandments, according to the rules of yoga, and simply love life very much, our neighbors, and God. — then our eyes come alive, because our soul becomes alive, because so much light accumulates within it.
And this is enlightenment!
The one everyone seeks.
And holiness is simply being a living person with a living and pure soul, very moral.
Morality is very, very simple.
You simply need to value and respect life in all its manifestations, and love life as God loves it.
And He cares deeply for all His creations—people, animals, plants, rocks, and planets—so that everything is peaceful and harmonious, so that life is preserved and developed.
and multiplied.
And the angels are helping him.
They really love to set things up just according to God's plan, so that everything works out.

And right now, we're going through a very interesting evolutionary process.
And it's possible that souls are simply coming from the animal world into the human world.
Because souls grow, and God probably decided that since humans treat animals poorly, then let the souls of animals be born among humans.
And so, there's this factor.
— the extinction of living species — and that's not good.
Because humans have already destroyed approximately 60-70% of living animal and fish species with their activities.
And now, among people, Those creatures are born who didn't have time to undergo animal evolution, which is why people behave so savagely here, they simply don't listen to each other, and they simply don't want to exist in a human state, that is, to think.
And this is not very good, because we simply all need to take up the Holy Scriptures and study them, and apply them in our lives and talk about them, that is, pass on information to each other.
Because if there are more people like this, it will be a very good example for others.
And then our morality will be much better, and we will simply live better, more peacefully.
In India, they say the soul has memory, and that's probably true.
It's no coincidence that people are born with an interest in science and religion, because that's how their soul's memory works.
There was the ancient Greek philosopher Socrates, about whom Plato wrote, and he discussed this, and he concluded that people remember things in their lives this way.
And that's why they learn—sometimes it can be that they learn faster if they've had similar experiences in other incarnations.

So, you need to think about it this way: if there are mathematicians in a family, there's no need to force a child to learn math.
You can simply love your child and tell them interesting things, but leave the choice to them.
If their soul wants to, it can choose this path in life, and if it wants something else—say, if they're interested in physics, or religion, or music—then they just need help navigating their path.
But here's the secret: if you live a righteous life and are very responsible about your health, your work, your mind, so that everything within you is harmoniously developed, you have human qualities, and you understand the Holy Scriptures well, then you will most likely have very smart and good children.
Because the soul chooses its path in life in such a way that if the soul likes a person, it is simply drawn to them.
And therefore, bright people are born into families where there is light and morality, and God is revered.
But you have to work hard for this, and be good to others.
And remember that you need to be a strong and intelligent person simply to support a large family and raise good and kind people.
And God needs such people, and He also helps them.
And so maybe it would be even better if we remembered our ideal—these family estates—which are very good for us, because we're simply in trouble right now.
People are dying.
In war, or their lives are simply short because there's so much vice in our society, and all sorts of accidents, and people simply don't take care of their health.
And so we simply need people who will take seriously the idea that this is how it should be.
It's possible to return to the land and live like a peasant in nature, and have a strong family, just like that.

Our people just need to remember this path.
Living in nature is very good.
And those who want to live in nature just need to prepare themselves.
Learn carpentry, joinery, gardening, and pottery—and that's it.
This could even be very good, because this is not an escape anywhere, and this is not even a departure from Civilization—and it's a healthy path, where people in the village can live like this and be very helpful to others.
Because they will then be like the sources of God's plan for us.
Because the city is like a rootless place, and so civilization simply degenerates in the city.
It's simply a very dangerous path to develop technologically and technocratically without a reliable rear base.
And the village is our rear base; we need strong people who will live in the village and take a break from the bustle of the city, and help our people relax too.
Because the countryside can be a vacation for us.
That is, in the city, we can simply work, intellectually, and improve technology to simply improve our environmental conditions and ultimately bring our world closer to harmony.
But it's better to simply think about it and understand that we simply need different cities.
And that's why those who live in the city should think ahead, that we need high-tech and smart cities like those designed by Jacque Fresco, which take into account many environmental and ethological aspects.
Because we simply can't build cities haphazardly, because the environment in them and around them deteriorates, and life simply drains from us and from the world, and we We're just degenerating like this.
And if cities become so environmentally friendly and smart, what In them, everything will be without fuss and everywhere you can contemplate nature — that is, there will be harmony

with nature in them, then we will develop, but in the cities we probably won’t be able to reproduce as much as in nature and in the villages, because technology is distracting From divine design.
And that's why we need villages too.
And the Ringing Cedars of Russia is a very good project, but we just have to think about all of this.
And we need to make sure it's like a vacation for our people, so that other people can come and relax like this in nature.
And so that environmental studies can be taught there—we just need it to be open and understandable to everyone.
Because people need to trust each other.
And trust requires openness.
But right now, we need less trust, because our morality has suffered.
And that's why we need to protect our people from danger.
Because in the city, while people are being poisoned by these gases, by alcohol and coffee, and digital poisons, and by eating dead food, there can be no trust in people, because it's simply dangerous to be around people we don't know.
And that's why we probably shouldn't simply invite others into our homes or to visit, or to our villages either.
We need to study and observe the person first, so that if they dislike themselves and others, they should be treated more strictly.
Therefore, we simply need to educate such people, that they simply need to turn to faith and study the Holy Scriptures, and go to church, and study science, in order to better understand themselves and the world, and heal their ailments.
We simply need to help people like this.
But if someone has a bright soul, and they help others, share stories, and work hard—then such people can come to the village and learn about this, that you can simply keep bees in

the village, and manage an apiary, and extract honey, and gather and plant medicinal herbs, and flowers.
Lavender, fireweed, mint—and generally, Provencal herbs and the atmosphere of the French and Italian villages—are very good for us.
Because this is how we can learn to live a simply beautiful village life.
And we'll work well this way.
And our souls will rest in the countryside.
And we'll love each other better if we're simply skilled.
We'll understand trees and plants better and work with them.
And now it's all very possible to do this because we have power tools—and so in the city you can learn crafts: working with wood, working with clay—and in the countryside you can simply build beautiful, very comfortable, and safe houses.
And these will be very good houses for the soul, because the soul will simply rest and work in them.
And you can work with stone, glass, and metal, too, but it's better to do it less.
Because stone, glass, and metal are simply less healthy, but you just need to follow safety precautions and protect your respiratory system, and your eyes with goggles and a respirator—in other words, personal protective equipment.
And then, if everything is done well, it's probably possible to live autonomously even in the countryside, because you can simply power your homes with electricity from microhydroelectric power plants or wind generators, so you can live autonomously without having to travel to the city.
But you still need to know how to drive a car, and so in the city you also need to get this specialty, but that's precisely what's needed.
We need a person who wants to live in the village.
So, you can simply use the Far East development program to choose a plot of land with trees and a river.

You can also team up with other people and tell them about this idea, so you can move out of the city.
And you can learn all the skills in the city beforehand.
That means learning carpentry, joinery, pottery, mastering power tools, electrical engineering, and then driving.
So, you could simply work in the city for a while, save up some money, and then simply move to the chosen plot with friends and start a settlement there.
Building houses with Russian stoves—and that's a separate craft, like laying stoves—is harder to find in the city, so you'll just have to look for a master somewhere in the village to learn from—and then you can build good bathhouses—and that's an art, too, of how to do all of this correctly.
So, mastering the crafts must be a long process.
And it could take several years.
That's why it's difficult to assemble it like this now, but if we can find people who agree to move to a new place in nature with knowledge of all the necessary crafts, then it will be better, because we can simply build everything faster.
and start living a simple village life, so frivolous!
And there's such romance there that you simply can't even imagine!
No, you all can imagine, although maybe someone has never been to the village, and I can admit that, but this It's just interesting to say that life in the village is very nice!
Especially if everyone is so sober, they promote a healthy lifestyle by heating the bathhouse, carrying water from the well, and just taking a lot of walks in the fresh air.
And they have horses, and they just gallop through the fields on horseback.
And they have a vegetable garden and raspberries...
And they grow such large vegetables, and big yellow pumpkins, and melons and watermelons...

And it's all very good, because such food fills us with life, but you just need to take care of hygiene, because when you work with the soil, you simply need to use personal protective equipment, because you still need to be careful about the cleanliness of your hands and respiratory system.
It's important to keep dirt and dust away from them, and from your hair and eyes, so glasses and scarves, gloves and masks are all very good and you just need to know how to use them so you don't get dirty while working — it prolongs your life and improves your mood, so it will be easier to work if you maintain good hygiene.
And in the countryside, in the summer, you can even set up a solar shower like this, so you can wash with warm water every day.
It's very simple to do.
If you know how to work with materials, you can set everything up perfectly, making life comfortable.
Electricity is also very good in the countryside and it can be used, you just need to bring equipment from the city with you and most likely mini-power plants are preferable.
Microhydroelectric power plants, like those you can place in a stream and they'll generate electricity.
Electricity can be stored using batteries, so in principle, you could even provide yourself with all your own electricity using small devices.
Wind turbines are also very good because they're highly efficient.
And maybe even solar panels could be used—but they're all expensive, and you just need to save up for them.
And it turns out that it’s not easy to get out of the city to the village without a loan and time spent on education, but it’s probably better not to take out loans, but just gradually Master one profession at a time, according to your life's path, if you have the desire to do so, and simply work and benefit others.

And so, gradually, you can earn money; you just need to know how to save.
But with a loan, it's interesting; if you already know everything and have mastered all the professions, then you can simply calculate like this.
Everything can really work out for you then.
Because, in fact, environmental work can be a very profitable business, because nature is so generous, and everything just blossoms, blooms, and multiplies in it.
And that's why women can get involved with medicinal herbs, because it's so easy to sow something in the ground and get something very useful for people in the right quantity.
And it will be so beautiful when people in nature live in large families and are so smart, and they will be able to create musical instruments, and with their own Do everything with your hands, even weave clothes, and maybe then our culture will begin to blossom and we'll find ourselves, like in a miracle, back in Ancient Rus' with our gusli and button accordion!
And we'll have a feast for the whole world!
Just like in a fairy tale!

# We are the people of the Earth

We don't take spiritual and material processes into account.
There's a phenomenon called metempsychosis—the transmigration of souls.
And we don't take this into account in our lives.
And yet, it's very important for us.
And now we have a local armed conflict in which our people are dying.
And so...
Their bodies perish at the front, but their souls—they fly to us.
Like birds, they fly to us.
And so they simply go to the people they knew and loved.

But it's very difficult for them to incarnate because we reproduce very poorly.
This seems like a simple matter.
But for the soul, it's very serious, and it's very difficult to live like this without a body.
And so, we simply begin to have problems on a psychoenergetic level, because when, due to wars, souls get stuck in the navi, that is, in the psychoenergetic field—the electromagnetic field from a physical perspective—problems arise for people who simply live their physical lives and don't think about anything else.
And this is a wake-up call for us: if flocks of crows or rooks gather over the city, or if we even have bad dreams, it means a lot of evil has accumulated in the psychoenergetic field.
And one thing is connected to the other, because when people take each other's lives, a lot of negative energy is generated.
And because of this, the Earth simply begins to cleanse its energy field, its soul.
And it has a kind of immune system—these are its creatures, and for those with low sensitivity to the electromagnetic field, they are invisible, but for those with high sensitivity, they are visible.
And we simply need to take this into account, because these electromagnetic creatures are starting to attack living people.
And it seems like people don't feel it.
But in reality, they're simply experiencing a loss of energy, and we attribute this to seasonal depression and winter depression, that it's due to vitamin deficiency, or lack of light—but that's not always the case.
And even the fact that so many people died during the coronavirus period is precisely due to the Earth's immune response to our activity.
The Earth really doesn't like us ruining the environment.

And its immune system is simply acting up, causing people to feel unwell.
But our wars aren't their fault; they're doing their duty to protect the homeland.
And when this happens, when they simply can't incarnate because people feel unwell and simply don't want to reproduce or love each other, disaster strikes, because it's simply very difficult for souls to be in Navi.
There's a lot of bad stuff there now.
And so we need to think about building Temples of Souls, where we could take a completely new approach to how our people incarnate.
This is the future that awaits us.
We can simply begin developing electromagnetic technologies, but based on very strict ethical rules.
Understanding that we must be ethical toward all life forms, including Earth's beings, who can perform an immune function simply by cleansing the electromagnetic field of negative energies.
That's why we need electromagnetic scanners that operate in a wide range of wavelengths.
They will also collect video information about the current state of the electromagnetic field across a wide range.
We see the optical spectrum of wavelengths with our eyes, but we don't see the radio frequency, ultraviolet, or X-ray spectrums.
And There could be a lot of interesting things there if we walk around in real time and collect this information about what's going on in our apartments and in our buildings.
And this is a very serious task for us.
Because we will most likely see the souls of our people who, for some reason, did not have time to incarnate.
And these electromagnetic beings that the Earth creates simply to stop us humans.

Because our civilization is very prodigal.
And people do things on the surface of the planet and in the ocean, but they do not realize that they cannot be such rude scoundrels, that they deprive living beings of life and pollute them like this, destroying the environment.
And we must accept this, that we are such bad people for the Earth.
And we need to fix this.
This is precisely our fault; we must tell ourselves that we want an ecologically clean civilization that will not interfere with other living species on our planet.
And it would be better if we helped all living species and improved the Earth.
It's just that when we say this, changes will begin in our society.
And we will simply adjust our course of development.
Our relations with the Earth will begin to improve.
And with each other, too.
And if we continue to think like this, that we simply need to take care of souls, because wars simply cannot materialize now, because it's complicated.
This is how, especially in winter, we create life for people.
And we must do this very responsibly.
Life just needs to be created at the moment when the body is very healthy and in good condition.
It's there.
So, you just need to set a goal like this before having children, and work on yourself for at least a year.
And run in the mornings, eat a healthy vegetarian diet.
Milk, cottage cheese, and sour cream are okay, too, and chicken eggs, because in fairy tales, there are banks of milk and golden eggs—all of this is said to be good nutrition, but not too many ifs.

Because if a cow is good and healthy, and you know she grazes in a meadow, and you know that she does everything cleanly, sterilely, then the milk, cottage cheese, and sour cream from such a cow will be high-quality.
But the milk in the store isn't very good, because it's just a mix from cows that stand like this their whole lives in a stall, or I don't know how, they can be anywhere and in any conditions — but you can't approach nutrition like that, because a cow has a bioreactor, her udder, which produces milk, it is sensitive to her emotional state, to the conditions in which she lives It's located, so this is all very serious.
And the same applies to eggs and chickens.
The chicken should be from a good family, and the coop should be clean, and you should know the people from whom you take the eggs, that they do everything cleanly and sterile.
You just need to carefully consider all vital parameters and take them into account, and the soul in everything must be taken into account.
But eggs are very good food for us — because egg whites are complete and very well digestible, and the chicken simply creates this precious egg for us from grains, and it is truly golden for us, because so far vegetarians in our country have no adequate replacement for protein food.
Therefore, we must still love cows and chickens, respect them, and treat them simply as sacred animals.
And their lives must be protected, like the Hindus — they don't even touch their sacred cows.
Only holy people are allowed to touch them.
And we should treat them the same way.
And for killing a cow they have the death penalty.
And when a person takes creating a life so seriously, they need to work on themselves first.
Treat all illnesses, tone your body with running, gymnastics, and aerobics, adjust your diet so that you eat only cereals,

vegetables, and fruits, and dairy products, and even testicles, and don't poison yourself with tea, coffee, alcohol, or cigarettes.
Maintain personal hygiene.
It's great to live a healthy lifestyle, drink clean water, breathe fresh air, and work out without overdoing it—all of this will have a profound effect on the child's health.
And the soul also needs to be taken into account that it cannot remain in a bad state, that it is necessary to look more at the sky, at nature, to walk more, and not to pollute oneself either with reading or any videos, not to watch the news, which depress the psyche, but to be natural and simply admire your other half more often, and maybe listen to good music together, classical music, birds singing — this will also have a good effect on the health of the child.
And this is how we need to approach the creation of life responsibly, in order to take into account all the parameters, which simply influence conception, growth, and development of the child.
And conception is also influenced by time and place, because there is a good time—summer—to conceive children, because in summer everything is in bloom, and when everything is in bloom, when your body feels good, then you need to and make love.
But it’s best to do this not somewhere in a dark little room, where It's dusty, or there might be street noise—and in nature, it's very nice, especially on a hike or somewhere in a field, on hay.
But on hay, it's dangerous because there might be something alive and nasty there that could bite you.
But on a trip, somewhere by the sea, on vacation—that's the best.
Because then you'll even tell your child that he emerged from the sea foam.

And that's very romantic!
It affects Mental health!
Because the child will think that they weren't just born out of nowhere, but were longed for and wanted.
But a hike in the mountains or outdoors is also very nice, even in a tent.
Because that's also romantic, but just for more stern people.
The place where life begins is also very important.
Because a soul doesn't just come into our family; it chooses its parents based on its morality.
And if you treat each other very ethically, if you have good, positive feelings, then a bright child will come to you—you'll attract a bright soul to yourself.
And even the time of day is very important.
Because if you conceive life during the day, a bright soul will come to you.
Because bright souls love the light.
But souls who like to hide love the night.
But if a baby is born, it needs to be fed properly.
It shouldn't be fed meat, or fish either.
It should be fed a vegetarian diet—and then it will grow much better, be calmer, and more obedient.
And if possible, it's best to breastfeed it for a very long time, until it weans itself.
Cow's milk is also very good, but you need to know the cow and the people from whom you get the milk, because it must be very pure and pasteurized, meaning heat-treated.
Milk contains calming substances and is very nourishing for a growing body.
Therefore, a child fed with milk will grow up calm and healthy.
So forget about all those sweets, tea, coffee, and all that artificial stuff, because you need to give them good, natural food.

But to help your child's teeth grow strong, you can simply rinse them with toothpaste after meals, because it's chemical-free. It's calcium, and it strengthens tooth enamel.
So, even if there's no candy, sweet buns, or jam in the house, your child will have healthy teeth, and you'll also be giving them a gift: their brain will work very well.
Because sweets have a negative effect on the psyche; they make a child nervous and restless.
That's it.
But as for sweets, you can give them berries and fruits—watermelon, melon, bananas, apples—and all of these will help your child grow very well, because they contain vitamins.
And they'll develop very quickly.
And you'll have a very smart child.
But one child is not enough.
You need at least three.
Because God loves trinities.
And even if you have two children, that's good, but they will fight each other.
each other, because it's like chess players, one against the other — who will draw the parents' attention to themselves.
But if you have three children, they will be really, really smart.
Because the third child is always so smart that he creates peace and harmony in the company.
And so, in the past, families used to have 10 children, but 10 is a lot, and it's very difficult for a woman; if there are many children, she has a lot of work and needs to try very hard.
And it's probably not very good for health.
Because a child requires better nutrition and better care.
And so the mother needs to be protected and helped with nutrition, and to keep her in a good mood.
And the husband should take care of this.
And most likely, she should also be given vegetarian food, because then the child and the mother will simply be healthier,

but this includes chicken milk and eggs, because they contain good protein, and milk is calming.
So, a family is most likely seven people — that is, a mother and father, and five children.
So, when five children are born into a family like this, it's a truly strong family.
But it's important to remember that to ensure the woman doesn't have any difficulties, she needs to rest—at least for a year or two—so she feels better and can care for her newborn.
And so we need to organize our children’s education in such a way that from a very early age they move a lot, speak, learn languages, play games, draw and sculpt, and then Life was easy for them.
And they need to be taught, but it's best for the eldest to teach the younger children, so that he grows up responsible for them.
And then the younger ones are responsible for the younger ones, and teach them too.
And dad should take care of their safety, so that they are always at home while they are growing up, and so that they are warm and comfortable, so that mom feels good.
And when they grow up and become smart, he should Explain to them what's happening now, and ask them about everything, so you know what's going on around them, and what concerns them.
And then tell them how best to act in life.
But this must be done carefully, based on life experience, and perhaps sometimes turn to sacred scripture and the wisdom of fairy tales, because children love fairy tales very much, but they need to be explained the meaning of these tales, and how exactly this can apply to them in life.
come in handy.
And most likely the father should cultivate this rational quality in himself, so that not just So, to have a family and children, and to do it wisely, so that first of all he has a business set up,

and so that he has a place in society set up, so that he feels good in his place and knows how to earn money.
And this is what a man's business should be—he should create something, give to people, improve life, help society with his work.
And environmentalism is a very good thing.
If dad, for example, is engaged in an apiary, honey, or he has some kind of craft —working with wood, or making musical instruments, or building stoves—anything that people You need to be able to feed your family and not be left without money under any circumstances.
And when a man is doing well in life, and he's happy with what he's doing, and he feels good—that's when he can start dating a girl and have kids, but only after he's seriously and responsibly proposed and she's accepted.
And then you can prepare.
And maybe even read and learn more about this so your children grow up healthy, smart, and kind.
Because raising and educating children is a very serious matter —it's real work, and that's how you need to approach it.
And if people approach this issue so responsibly, and are so serious and deeply loving toward each other, then everything in our lives will change completely, because people will simply become smarter, and future generations will be even smarter— that's when development will begin.
Because what I just wrote—people practically don't take this into account, or take it little into account, but if they do, then everything will Things will be much better for us.
A new era will simply begin.
Because a healthy mind resides in a healthy body— and the ancient Greeks understood this, but they too experienced a decline.
Because of military expansion, and they've simply ruined their genetics in wars, because wars are a thing of the past.

We need to learn to negotiate with people.
And that's why I'm writing to you now about children learning languages from an early age—and this is very serious, because if children know foreign languages from childhood, they'll communicate more easily, and they might even write books and interact with others.
People from other countries when they grow up.
And if they are given accurate scientific information about people, other countries, their history, and read fairy tales from different nations, then they will simply understand other nations better than others, and then maybe they will come up with some international projects, because people are just children playing games.
And that's how God simply looks at us, that we are just children to Him.
And therefore, if children don't lose this spark from childhood, this love of God, that it is possible to simply play with other people, to invent things together, to unite, to empathize with each other, to help—and games should cultivate these qualities in children—then the borders between countries will soon simply disappear, because people will understand that we are simply a big family—we are the people of the Earth who want to live simply in peace.
Temple Perhaps in the future, our incarnation-related affairs will be different.
We can imagine places where souls will reside while awaiting their next incarnations.
And if it turns out that the human soul is electromagnetic in nature, it can be detected using an electromagnetic scanner within a certain frequency range of the electromagnetic spectrum.
It's very simple—because an electromagnetic field traps electrically charged particles, which, as they move along the

field lines, emit light in a specific frequency range of the electromagnetic spectrum.
It's just that we don't yet fully understand, from a scientific perspective, that the existence of stable energy fields is possible.
This is something that future scientists will explore.
And when such research is conducted, we will likely discover the existence of the human soul.
And perhaps we will see electromagnetic beings that inhabit our planet's bioelectromagnetic field.
Moreover, we may confirm Lovelock's hypothesis that the Earth is a single organism possessing a regulatory system that may be linked to the properties of the Earth's electromagnetic field.
If all this is confirmed, we will likely understand that it is best to create Temples of Souls to preserve the souls of people awaiting their next incarnation.
Perhaps we can even imagine these temples as beautifully architectural buildings, filled with abundant sunlight and containing numerous golden spheres into which souls will enter to rest and be filled with the energy of light, love, and the Sun.
These spheres could look like golden domes, and therefore the space for each soul could resemble a small, human-sized chapel.
This could be very similar to an Orthodox church, but within these chapels, a unique technology would be concealed that would allow souls to be nourished with light and healed if needed.
Because if the soul has the nature of an electromagnetic field, then perhaps it can be damaged, and perhaps it will sometimes need healing.
And perhaps what we know in Orthodoxy as holy oil is a special electromagnetic energy, more akin to a golden-colored magnetic field.

And in such chapels, souls will be able to receive similar healing, depending on their characteristics.
Because perhaps everything is much more complex.
And some souls may require other forms of light and energies.
Therefore, people of the future will study the structural features of bioelectromagnetic fields in people and, depending on this, take measures to improve their condition.
This will form the basis for understanding the bioelectromagnetic quantum medicine of the future.
Because quantum physics underlies our understanding of the nature and properties of the mind.
And electromagnetism underlies our understanding of the nature and properties of the soul.
Just as physiology underlies our understanding of the nature and properties of the human body.
And if we combine all of this, we'll create a new science that will deeply understand the nature and properties of the mind, soul, and body, and their connection.
It could be called quantum electromagnetic physiology, or QEP for short.
And it could be very exciting for us to discover that all of this is indeed true, that it's possible to scientifically study the subtle processes connecting the human soul, mind, and body.
But as for the Temple of the Soul, from an architectural standpoint, it can look different depending on the culture and religion of the people.
And one can imagine this very vividly and in great detail.
But from a scientific standpoint, it's best to build A temple that would be compact and capable of storing a large number of souls, nourishing and healing them with light energy and a magnetic field, while protecting them from adverse environmental factors and electromagnetic fields.
And then one could imagine this building containing numerous golden spheres densely filling the space, and connected to these

spheres would be quantum communication and regulatory channels that would connect with the subtle centers.
souls that allow the transmission and reception of quantum information, the cleansing and saturating of souls with energy, and, if necessary, the connection and disconnection of a soul from such a sphere.
Moreover, when disconnecting and connecting a soul to such a sphere during removal And placing it inside and inside the sphere—the sphere will open and close to ensure the safety and security of the soul from external environmental conditions and electromagnetic fields.
And such temples can be very beautiful.
Because people can come there and communicate with souls with the permission and consent of the angels, for whom such places will serve as an aid in their work, because angels are supposed to care for human souls.
And maybe even such a place will be similar to the Matrimandir, which looks like a large golden sphere, which you can enter and around you you can see many small spheres that will fill the entire space of the inner sphere and in the center of such a place there will be an altar through which you can contact the soul of a person for communication, and perhaps for the best choice of a person for incarnation and birth with consent and with the permission of the angels or at their request.
And these will be very beautiful places, because that's how It is possible to make these temples very reliable and protected, in which it will be much easier for angels to manage the process of preserving souls.
Because cemeteries are outdated technology.
And they're very poorly maintained from an electromagnetism standpoint.
Because the Earth treats people very poorly now, and it's very difficult for angels to protect souls from beings who simply

express the Earth's will: that the Earth doesn't want to see people simply because they're evil to it and to earthly life.
And about We'll soon forget about cemeteries, and will most likely immerse the human body in plasma so that the soul can instantly transition to a more perfect state.
And we simply need more energy and materials to create such places.
These could be new temple complexes that could easily facilitate the process of a person's transition from the material world to the subtle world, that is, the spiritual and mental.
And these Temples of Souls will likely be located in the Temple Cathedral, where there will also be a Temple of Destruction and a Temple of Healing, and the Temple of Soul itself will be called the Temple of Preservation.
In the Temple of Destruction, a person's body will be immersed in plasma of a special composition and properties, and their soul will immediately be saturated with light and energy.
And in another Temple of Healing, work will be done on healing spiritual wounds.
And in a third Temple of Preservation, souls will await their incarnation.
And all Temples will be open from above.
so that sunlight could penetrate inside the temple, but if necessary, depending on Depending on the conditions, the Temples of Souls will be closed to prevent moisture from entering.
This may not be necessary, but it can be done.
The main thing is for the technology to be simple, reliable, and sophisticated enough to be easily repaired.
And perhaps the priests of the future will be qualified technicians, capable of repairing such complex physical equipment.
That's it.
And it will be quite simple.

It's just that priests serving in such churches will need to be very developed mentally, spiritually, and emotionally.
And so they will need to know quantum physics and electromagnetism, and be able to operate such complex technology simply to keep everything running.
But these technologies will be autonomous, and therefore not dependent on external energy sources.
Yes, a powerful energy generator operating on controlled thermonuclear fusion technology will most likely be needed to create plasma.
But these will be compact, low-energy units, completely safe for people, eliminating the possibility of explosion.
Simply creating plasma requires a lot of energy, but It can be completely safe for people.
So, it turns out that a very, very smart, good, and highly moral person will work in the Temple of Souls.
And it will be a service with shifts—day and night.
The priests will take turns, but perhaps it would be better if they were six-hour shifts, with four priests working in shifts.
Then it would be more reliable and less stressful for the people.
And the temple will be protected by an Angel.
And it will receive other angels, who will bring souls with them.
But the priests will know how to communicate with them, and they will be trained to do so.
It won't be easy working in such a temple.
These priests will be responsible people, chosen and trained by the angels themselves for this work.
Such Temples could be built near cities, in the countryside, easily accessible by car from the city.
Or they could be built within the city itself, next to temples.
From the air, they would appear as three golden spheres surrounded by a golden circle—a fence that could, in the future, protect the temple with a specially configured

electromagnetic field to make it much easier to guard the site from various beings.
Inside the Temple of Healing, there would be electromagnetic equipment that would tune the soul's energy channels, its subtle centers, and cleanse and heal its memories.
In all Temples, on the surface of the inner sphere, there may be golden spheres, which They will simply preserve souls.
But perhaps the golden spheres will be found only in the Temple of Preservation, while the Temple of Destruction and the Temple of Healing will not have such spheres, or they will be spheres made of other metals.
And perhaps these Temples will indeed be made of different metals—for example, gold, titanium, and platinum.
Or perhaps of other metals—this needs to be researched, but golden Temples would be very beautiful.
And gold has a very good property—namely, good protection from electromagnetic fields, because gold is very dense, and therefore a sphere of a certain thickness could protect the soul placed inside from electromagnetic field fluctuations.
But communicating with a soul in the Temple of Preservation can be a very simple process.
You simply need to approach a priest and ask for permission to engage in dialogue.
With the soul of the person currently in the Temple.
And the priest will keep records of the souls of people entering and leaving the Temple.
Because an angel will inform the priest of this.
And so he will understand that the soul of such and such a person arrived and was placed in such and such a sphere, and then the soul of such and such a person departed.
And where the souls are leaving will most likely not be reported.
And perhaps not all souls will be informed of their arrival or departure.

These are matters that the angels will decide, because this is a very, very serious matter.
A person could simply develop such a technology to simplify the angels' work.
Preserving souls in cemeteries is difficult, simply because cemeteries can have unfavorable electromagnetic environments.
Indeed, if souls are electromagnetic in nature, then we simply need to think about how to better preserve them.
And perhaps, in the Temple of Healing, there will be a technology that will allow one to tune the soul's chords and spiritual centers so that the soul feels well.
And this will be very simple, because it will be possible to create electromagnetic fields of a special configuration that will correct damage to the soul, clearing its memory of negative experiences, if any.
And thus, an angel will lead souls from the Temple of Destruction, to the Temple of Healing, and then to the Temple of Preservation.
And successively, the soul will transition from one state to another, freeing itself from the body, healing spiritual wounds, clearing the memory of incarnations, and awaiting its next incarnation in an earthly body.
And perhaps this is how the priest will receive people waiting at the entrance to the temple, along with a levitating module containing the body of the deceased.
This module will then be placed in the center of the temple of destruction, where it will be infused with a stream of plasma energy that dissolves the body, or better yet, a special vibration or matter that will transform the body into light that will illuminate the soul.
The soul will then be free, and an angel will lead it to the temple of healing, where he will teach and purify the soul so

that it understands the experience of its incarnations and becomes better for the next.
After this, the angel will lead the soul to the Temple of Preservation, which will contain golden, shining hemispheres.
And the angel will place the soul in one of the shining hemispheres, and then the priest or the angel himself will close this hemisphere so that the soul is not disturbed.
And now the soul will be put to sleep until the angel decides that it is time for this soul to incarnate and go out into the the light of God.
But the glowing hemispheres could be highly intelligent devices that, in the future, could enable communication with living people via quantum communication technology.
Because the soul most likely communicates with the body via an electromagnetic field.
And one day, we might be able to understand the nature of soul memory.
And perhaps it turns out that human memory is in the nature of holograms, stored in the electromagnetic field of the soul.
And perhaps, in the East, in India, what is called Boddhi—superintelligence—is the mind, which is like superconsciousness or our sense of "I am," while the soul is a subtle body of electromagnetic nature, containing centers that interact and process flows of electromagnetic energy of various frequencies.
And these centers can connect with an external energy field, which can be created and tuned through an understanding of electromagnetic and quantum technology and the properties of materials.
Therefore, it will be possible to simply create conditions for communication between the human soul and mind and other people, whether embodied or not—in this way, there will be no particular obstacles for people of the future.

And then the temples of souls can become centers of wisdom, in which souls can create images of the future and be more co-creative and in communication with angels.
Because this is a characteristic of the human soul, that While in the body, it is, as it were, absorbed by it.
And therefore, when in a non-corporeal state, the soul can better communicate with spiritual beings and receive information from them.
Perhaps one day, God will communicate with the centers of our civilizations through such temples—and these temples will be the centers from which information about our future and the divine plan will be transmitted.
And these will be very beautiful places.
And perhaps it won't even be necessary to create three Spheres, but one will be enough, because it will be enough to simply place the levitating module in the center of one side of the temple, and then bring it out, placing the soul in healing center, and then immediately send it for preservation, and from a third party it will be possible to contact any soul if it is necessary for God.
It will simply look like a shining golden dome, a golden sphere when viewed from above.
And inside it, a person will simply serve, and an angel will protect this place.
And Souls will be accompanied by angels.
A levitating module could be sent inside a transport module, which would move it along a road or through the air.
This could be possible if we master electromagnetic technology and better understand the nature of gravity, and then be able to create simple levitating devices that would fly through the air.
They would be controlled by computers that would be very precise and very, very smart.
They wouldn't contain much material, and they would be very light, but their energy source would allow them to easily lift

and move objects from one point in space to another along an optimal path.
Such devices would be aware that souls or angels might be nearby, and they would be able to intelligently respond to their requests.
But everything would be very safe, and they would probably be very simple in design.
And so, in the medical centers of the future, such levitating modules will most likely be located, because it is the medical staff who will decide, together with the relatives, taking into account the wishes of a person who has fallen into trouble or has simply grown old, whether to send him or her for reincarnation, because this would be a very ethical way to treat a person if they were in such conditions, where people would take care of them and they would know that everything was happening correctly.
Because if the body has aged or the organs are severely damaged, then it will be very easy to evaluate whether it makes sense for the person to continue to live in their damaged or aged body, because the body is a kind of temple for souls, and if it is significantly damaged, then you can simply give the person a new temple so that he can continue to live, develop, and love in our world.
And perhaps in the future, they will also take into account the history of incarnations, which can be preserved during the process of data accumulation in such Temples of Souls.
Because in the future, Temples of Souls will probably contain quantum information carriers that will record information about a person's life path and all their previous incarnations, so that it will be possible to simply understand people better and guide them along the right path to development.
And perhaps angels will monitor this, ensuring that everything happens precisely.
in the best possible way.

It might just be much easier for them if our technologies help them in this way.
Because in fact, the way we bury people is also a technology, but it is a very ancient, outdated technology that we still use because This is how humans create environmental problems because the Earth is simply being poisoned.
That's how it works, where a person's body can remain in it for a long time and groundwater can be poisoned.
But we could simply do everything much smarter and more environmentally friendly.
And so, the temples of the future could also be very environmentally friendly and technologically advanced.
Because, in reality, souls need light and protection from external influences and harmful electromagnetic fields.
And in reality, there could be other different temples, because that it's possible to communicate this way for different purposes and create different architectural structures with different properties.
For example, you could create a Temple of Music, where people could communicate with beings who love to create and share music.
gifted musicians.
Or maybe a Temple of Chant, where people can simply gather and sit and sing, and maybe we'll find the best Temple in the open air.

# Ethical equations

Here are 10 parameters of ethics from Patanjali's Yoga Sutras.
1. no harm
2. not stealing
3. not a lie
4. not acquisitiveness
5. not wasteful
6. Cleanliness

7. satisfaction
8. attentiveness
9. Purposefulness
10. Faith in God

In yoga, God is the observer and creator of the universe, and He possesses omniscience, which is why He can be identified with the Christian God.

And the rules of yoga outlined above are very similar to the biblical commandments given by God to Moses, His prophet and first priest.

But it turns out that Jesus Christ brought two new commandments, which affirm love for one's neighbor and love for God.

And so, one can understand that Yam—the first five rules, like the fingers of a single hand, signify love for one's neighbor, and Niyam—the remaining five rules signify love for God, and when united in a prayerful gesture, they signify Love.

But it turns out that the first 5 rules do not accurately establish love for one's neighbor, because not causing harm, not stealing, not lying, not being wasteful and not being acquisitive does not yet mean love for one's neighbor, because this is only half the battle — not to interfere with one's neighbor, but to love this means a different set of rules, namely

1. to save life
2. to keep life and health (not only yours, but other people too)
3. to explain (what is realy important to save life of man/woman/child, first of all)
4. to gift something to the other people (for saving lives, first of all)
5. take care of human life (of all people first of all, creatures), and than take care of things

And these rules need to be understood very deeply and thought of as principles that need to be applied to people, living beings, and nature.

And it might even be simple It's enough to keep these words within yourself all the time, like a prayer, so that if something strange happens and there's any suspicion that evil might happen, you need to save and preserve it, explain it, give it away, or protect it.
Because it's so important for the human soul not to interfere with others, but to help and love them.
And this is how it can be understood as the rules of human ethics, and on the other hand as ethical equations, because these equations influence the development of human society.
And now you can see what values of parameters are set in these equations.
And more precisely, ethical equations can be created on the basis of these rules, which set the basic values, and which can contain various aspects related to population dynamics within the framework of consideration of ecological systems, taking into account The parameters of technological development as a separate branch of the coevolution of humans and technology.
Technology can be viewed in them as a non-biological species whose evolution is directed by humans.
But although it is possible to obtain such equations in analytical form, it would be very It would be beautiful if it were very simple.
And if we consider a person as a carrier of civilizational information, who carries out similar functions to animal species, that is, represents a near-biogenic civilization, then there is practically no difficulty in constructing such equations.
But for a real forecast of the development of civilization, extensive information is needed, containing the time statistics of many parameters, as well as a set of current information on technological development, so simulation models are needed, and such equations are hardly possible to construct in analytical form, that is, in the form of a system of algebraic

equations or differential/ integral equations that are easy to formalize using symbolic notation.
Priorities in ethical rules are paramount, so the first rule will be saving and preserving human life, and then everything else, but we need to understand all of this.
And we need to think about what we can and cannot do in our lives.
From the standpoint of ethical rules.
Because today, people do a lot, but not all of their actions are ethical, and that's very bad, because when people do that, they act very badly—it's a deviation from God's plan and a mistake they must correct.
So, one can think of the development of human society as primarily a society of people who observe ethical rules.
But 100% compliance with the rules in 100% of cases and actions is considered infallibility and a very good quality of human society's development—an excellent quality.
And for us, this could be one of the most important areas of development, because our technology is good where it is necessary to create comfortable and safe living conditions for people, but if it goes beyond ethical norms and violates the overall level of morality as an indicator of the sum of compliance with ethical rules in ethical equations—then that is already very bad.
Because all our technology and its development must be subject to ethics.
We now have nuclear technology, electromagnetic technology, computers, and so on, but the level of technological development exceeds our current level of moral development.
That is, society as a whole is not yet statistically ready to possess such powerful energy sources, information processing tools, and so on.
Therefore, it is important that we quickly raise our level of ethical development.

And so we must constantly keep this question in mind: how to be ethical?!
And so, like a mantra, you can repeat in your head that you need to save, preserve, explain, give, conserve, and be pure, content, attentive, purposeful, and trust in God.
And so, you need to constantly reflect on this mantra in a calm environment, point by point: what does it mean to save in my life?!
And then tell yourself this, and imagine in detail, who can I save today?!
And answer yourself honestly: I can help this person!
Or I can help another person today!
Or I can save this person right now!
So, I need to immediately clarify what exactly I can do to comply with this rule.
And if nothing really happens and you're in a calm environment and maybe you don't have the opportunity to save anyone now, then you can imagine a future in which you save someone, or maybe just help someone, because That in fact, love saves, and you simply love people and think about it, that you need to always be in love and feel the world with your heart.
And if your heart senses something wrong, then you need to be alert and look around carefully, and maybe think something strange, or maybe you need to save this person, explain something to them, or ward off trouble.
And it could be anyone, even a passerby who seemed somehow sad to you, or a child who looked at you strangely.
Or maybe even life itself will tell you that you need to save this person.
And don't deny it, just accept that it may really be true, even though it seems like this voice came from nowhere, and don't even be afraid to seem stupid, just go and save, and don't stop.

Because this is how morality truly develops, through daily exercises in thinking about such questions and in simply practicing each of the rules outlined in ethics.
But this is elementary ethics, which contains only 10 rules.
But these are the most fundamental rules, which take into account love for one's neighbor and love for God.
And so If we think about it this way, we actually develop through self-education, when we reflect on ethical issues and strive to be ethical, to adhere to ethical rules at a deeper level of understanding, which is achieved precisely by constantly reflecting on ethical issues.
But we also need to consider that we are human and live among other people who can simply set an example for us through their actions.
Therefore, we can go around, be inquisitive, ask people about their stories, what they consider ethical and what is not, and in this way, we can also learn, and the rate of growth of the general morality coefficient will increase proportionally to the number of people actively exchanging such information.
This should simply concern us, and this is how it should be in our world, because we are simply overly skewed toward technological development and under-represented in morality.
And it's truly a sin that schools suppress children's creativity in favor of cultivating only abstract, logical, and linguistic thinking.
It's simply unacceptable, because by the end of school, children become accustomed to the idea that it's possible to live without imagination, which they simply haven't been nurturing.
Children need help developing their imaginations, because without imagination, a person simply won't be able to creatively comprehend life, which can present very complex situations.
Without imagination, a person simply won't be able to foresee situations, and we think that literature can provide us with this

foresight—that's a very, very simple understanding, but it's not accurate.
What's needed is for parents to show their children what life really looks like, and to accompany them and show them various stories—how this person lives, how that person lives, and so on.
Because real-life examples can convey a lot of information, and examples are simply easier to explain.
Literature is poorly understood by children who simply lack life experience.
Ivan Pavlov discovered the laws of the nervous system in the last century and received the Nobel Prize for it, but we've forgotten all about it and still don't apply it in our lives.
So how do you apply these laws, you ask?
It's very simple, understanding that you can't give a second signal, which speech simply conveys without reinforcing the first signal.
That is, there must be images, examples that explain first, and these are precisely real-life examples, and then you can tell the person that this and that, this is why such-and-such a situation happened here, and this situation here — for a different reason.
And so, perhaps, you can even give the child the opportunity to reflect on it themselves and say, "I don't know why this happened this way, but for me it's a mystery — and so please think for yourself, why it could be that the person made a mistake here and did the wrong thing.
And in this way, a person will learn from the experience of others, and it will be a good experience, because learning from It's much better to learn from other people's mistakes than from your own — because it's simply not as painful.
But returning to ethical equations, we can recall that in our country there were such fine thinkers as the Roerichs.
And they went on hikes in the mountains, in the desert, in nature, and even traveled to India, and they discovered that it

was possible to think and walk for so long and still give and explain something to people, and they created so many works that We might be very interested in reading their books and looking at their paintings, because That they were interested in ethical issues.
And that's where I think I'll end my story.
Have fun thinking, and be mindful of the events happening around you!

# Hygiene

Nowadays, people have a very simple and insufficient understanding of hygiene.
They tolerate working with soil without protective equipment, which can be contaminated with worms and parasites; they tolerate pets that walk on the soil or spill feces on the table, which can be worm-infested and carry terrible diseases like toxoplasmosis and ascariasis; they tolerate fuel-burning machines that release smoke and soot into the air, which poison the lungs and body; they tolerate living near sick elderly people, who can also spread infection; they tolerate landfills, which concentrate all sorts of poisons for the body, which also poison the soil and groundwater that we then use; and sewage systems that poison rivers and carry feces and infections.
And even if people advocate for the environment, they still make the mistake of not having individual protective equipment for the lungs, eyes and skin when going out to collect litter from the ground, which may be infectious and which poisons the lungs and contaminates the skin.
And people also love to express their love with kisses when they have herpes on their lips!
And herpes is a very dangerous viral disease that shows few signs in the early stages of development.
And in the final stages of development, when a person reaches old age, the herpes virus destroys the brain!

And what happens then?
By loving each other through kisses when they have herpes, people simply shorten each other's life expectancy, possibly by decades.
This is the kind of calf-like love we have.
And we are human, after all.
And reason is given to humans for this purpose...
To think, reflect on everything, and come to the conclusion that while people have herpes, it's better not to kiss each other on the lips, but to show love and care in some other way.
For example, simply looking at each other, thinking more about each other, and paying attention to our souls.
We need to become more contemplative and find peace of mind.
But how is this possible?
What should we do if we have very little experience with this kind of thing?
We can also look at other cultures where this quality is highly developed.
For example, the culture of Japan.
The Japanese have a highly developed contemplative nature and they highly value They capture the beauty of the world around them and create it.
Even if they're relaxing outdoors, they clean up after themselves and burn it in special stoves with a filter on the chimney, which collects all the carbon dioxide and other particles, so the air is clean after combustion.
They also have a wide range of technologies.
Their robotics is highly developed, because they understand that if a robot works, it's no big deal if it breaks, but a person can get sick or injured at work, and that's often what happens.
Therefore, we need to learn from the Japanese and study the Japanese language.

They have a lot in their culture and religion that's interesting to us, which we'll gladly embrace, because they're probably the only country with the highest life expectancy.
and therefore they have more life wisdom than others, which we can learn from and become better.
Because Russians and Japanese people are very similar, but they act like adults, while we act like children.
We have such potential in resources and territory, but we're greedy and don't give them even a little land for development.
Perhaps if we gave them some land, they would build beautiful cities for us, like those designed by Jacques Fresco.
Jacques Fresco was a very intelligent man who designed cities based on cybernetics, taking into account many factors: optimal geometry and a wide range of technologies, including giant construction robots.
And he gave us a resource-based economy, in which the availability of resources determines development, not the corruption and lies of individuals.
You can imagine large cities like Moscow, our capital, with ring roads, but with a very precise geometry.
All roads lead to the city center from the outskirts, and the city is divided into sectors by these roads, so you can get to any point in the city along the optimal route in the shortest possible time.
And that would be better than our constant zigzags of luck.
You'll either be lucky or unlucky, you'll make the right turn or you won't, and you'll constantly have to pore over these maps to figure out how to get there, and then people wonder how they got there!
But he has all his cars radio-controlled, and there's no need for people to drive on the roads and get tired anymore, because it's very easy for robots to drive on the roads, but people get tired on the road, and get so tired that they get into accidents, and that's pain and suffering, and no one needs that.

And the Japanese can do all this here, and very quickly, because they'd most likely want to participate in a project like this, given their highly developed engineering spirit.
It was the Japanese, Shiji Nakamura, who invented the blue LED, and thanks to his invention, I, and most likely you too, are now seeing this text, which you're reading and wondering, how is this possible?
We should start with hygiene, but very little has been written about hygiene here.
There's talk about the Japanese and Japan, and Jacque Fresco's project, but very little about hygiene.
So, eye hygiene is very important for us now, and what this Japanese man invented in 1991 saved our eyesight, because CRT monitors with large lamps and electron guns seriously damaged our vision, while LED displays are much less harmful to the eyes because they emit only light and don't disrupt our brain, which runs on electricity.
Electron guns, on the other hand, severely suppressed our brain, and so not only did people's vision deteriorate, but the brains of those working on computers also malfunctioned.
Because CRT monitors and televisions are just aquariums, and those who look at such an aquarium for a long time have their third eye damaged, and it becomes like a fish — it begins to see poorly, tries to look, but feels nothing, no compassion, no love for To one's neighbor.
A person's brain gets overloaded with computers, books, paintings, all sorts of junk, and even the architecture of our cities, and they sink to a psycho-emotional low, looking down at their feet when they walk and stopping looking at the sky.
The Earth is evil because people harm it, constantly poisoning it, killing life on it.
And if a person looks at the Earth for too long, negative energy accumulates because the Earth is dirty and puddles, and its color is not cheerful.

Therefore, one needs to look at the sky more often, and this is part of visual psychohygiene.
Because the visual organ is closely connected to the soul.
If a person looks at something pure, then their thoughts become pure and they begin to vibrate correctly, and people around them feel it.
But if a person looks at dirt and darkness, their mood deteriorates.
And it's all simple.
If we have cities like Jacques Fresco painted for us, then everything will be simply beautiful, and there will be no dirt.
And people will devote more time to pure research, meditation, they will contemplate more, they will have more positive vibrations.
And the Japanese can really help us with this, because they have a lot of people and they are very crowded, but they know robotics and cybernetics well, and they know how to build quickly, and cope with difficult situations, and they are very responsible, so they need to be loved and respected.
As well as other nations, by the way.
Because people are all brothers and sisters, simply, but some are older, and some are younger in development, and we are a little different.
Some nations understand the material world better, and some the spiritual world.
And so, if we valued all nations, then we would be better off.
It was.
We would be able to improve our land faster.
Become more intelligent and possibly to enter the Era of the Great Ring, which our compatriot Ivan Antonovich Efremov dreamed of.
And he dreamed that in the future there would be no nations as such, and there would simply be people with special Traits from various peoples.

And this will be part of their identity.
People will feel a connection to their past, but at the same time, they will feel a greater connection with all people, as cultures will be much closer to one another.
Perhaps a synthesis of cultures will occur, and there will be a single Foundation, as dreamed of by Isaac Asimov, who, incidentally, has Russian-Jewish roots, but is himself an American.
And Americans are not bad people.
Americans are simply the descendants of rebels, the Spanish, Irish, British and Indians who They loved adventure and war. But they were domesticated because all the lands had already been captured and divided, and they were just like restless children trying to get into other countries to find out what was going on there.
And their leadership is simply evil, because John Biden is just shaking hands with the devil.
And when Elon Musk becomes president, everything will be fine, because he's one of our kind.
And then maybe we'll finally see that something can truly change, because if people like Elon Musk, Vladimir Putin, Xin Jinping, and Kim Jong-un sit at the UN, they'll be able to very easily agree to stop wars on Earth, because people don't like wars.
Only children play war games, and people love peace.
And we all really like the idea of building a civilization of peace and multipolar harmony.
And all good people like this idea—that you can simply live like a human being, build a future, create something good, reliable, and eternal.
And we've had that experience.
We built gigantic hydroelectric power plants that are still standing and providing us with electricity, heat, and light.

Meanwhile, we haven't yet solved the problem of controlled thermonuclear fusion, and we're fighting each other for resources, for land, like monkeys!
Surely it's possible to live like human beings?
Not fight with anyone, but simply negotiate and build something together!
Jacque Fresco's cities are the best project for us.
Everything will be optimal in the cities according to his design.
And depending on the location, which energy source is best to use—where there are geothermal springs, for example, in Kamchatka.
In Kamchatka, you could simply build a thermal power plant right on a geyser, and then people would be very happy; you could build an entire city next to the geysers.
A kind of small town where everything is cozy and familiar, and the houses are very warm, and the family atmosphere is much better than in the northern regions, or in Siberia, where people simply freeze, and therefore their parasympathetic system is constantly active, telling a person it's unsafe and not to be too loving.
But if we understand this, we simply need to bring more heat to our cities, so that our souls can be warm in the winter.
Because the cold shrinks the soul, and a person does not want to love others, and simply wants to sleep.
But we think about how we need to love our neighbors.
But we don't understand that we can't love our neighbors if we're cold; we simply don't take our bodies into account.
And that's why we have trouble reproducing.
And Russians are very bad at reproducing because they're cold, and their souls don't want to love in such conditions.
And if it is warm in our houses, and the cities are heated so that it will be warm outside as well For example, in Italy, and it will be just as beautiful, the flowers will be fragrant, and the beautiful trees will delight the eye, and the air will be fresh and

clean, and you can ride in boats among the beautiful water lilies and the birds will sing, then people will feel that it is good here and possible to live and love.
And someone will even want to share this joy of life.
and have many children, a large family.
And then maybe things will change for the better for us.
So it turns out that we simply lack the technological and informational development to be able to reason like that.
That if we simply master thermonuclear fusion, we'll be able to extract light and heat from water, and use that light and heat to warm entire cities and their streets.
After all, if our streets were always warm, and there was no ice, no dirty snow, and no air-polluting cars, then we'd simply be more natural and have a better connection with nature.
We're simply poisoned!
This whole mess with factories and chemical waste started in the 19th century.
And we...
This might not be necessary.
Maybe wooden technology is better suited for us?!
What if we simply build Russian houses and live in villages?!
It might even be better for genetics to take a small step back and revive the Russian family tradition, in which each couple has five children.
If we think about it that way, then in 100 years, there might be a billion of us here, like the Chinese, and we too will become a full-fledged civilization, because right now there are simply so few of us.
But we definitely need technology because the climate here is 10-15 degrees cooler on average than in Europe.
And there are about three times as many Europeans as we are.
And they feel much better and more comfortable than we do, because Europe has always been warmer—civilization simply developed faster there.

And that civilization gave birth to another civilization—the American civilization.
But all of these are simply white civilizations.
And right next to us live the civilizations of the yellow and black people.
And they, too, are developing, but the yellow civilization is very ancient and wise.
And this civilization really dislikes war; it is peaceful and prefers trade and cultural cooperation.
Therefore, it is better to negotiate with people rather than enter into conflicts with them.
And we are very lucky with the Chinese to have such peaceful neighbors.
And we can learn a lot from them too.
In China, for example, there's Qigong, which in the Soviet Union was mistakenly considered a form of gymnastics and some kind of therapy, but this is actually a very inaccurate understanding.
Qigong is an entire philosophical system and a unique worldview, somewhat reminiscent of the Nagualism of the North American Indians, who, incidentally, are related to the Chinese people, as all peoples descend from a single root—a common ancestor of man who lived in Africa approximately 50,000 years ago—the Y-chromosomal Adam and the mitochondrial Eve, who lived 200,000 years ago in Africa.
So, Qigong very closely describes specific points on the surface of the human body, which are extremely similar to the sources and sinks of the electromagnetic field from the theory of electricity discovered by white people in Europe.
If we understood Qigong better, we would have an understanding of electromagnetic safety and electromagnetic hygiene.
Because now we are receiving a signal from channelers that there is a high frequency of vibration, there is a low frequency

of vibration, there are very pure energies and there are dirty bad frequencies, and we This is very poorly understood and it doesn't affect our lives in any way, rather we even neglect it.
But this needs to be carefully studied, because if we study it, then we we will understand how to heal our mental illnesses, and we will become healthier both physically and mentally.
But in China, in addition to the Qigong teaching, there is also the teaching of Feng Shui.
And this teaching says that The flow of Qi should circulate harmoniously throughout your home, and your home should be clean.
And the water should be clean, and the air clean.
And there should be no clutter, no objects, no clothing, no furniture that collect dust and dirt.
In other words, minimalism should be practiced in everything, like Christian modesty.
It seems like there aren't many things, And people seem to live poorly, but their houses are clean and beautiful, and it's a pleasure to live in!
And the light is simply a miracle!
Because where there is light, negative energy does not accumulate, Light purifies space!
If we understood that our homes needed much more light, we'd feel much better!
Because light promotes the production of serotonin, the mood hormone, and when we have as much light indoors as on a sunny summer day, we'll simply feel joy.
And we'll be in a good mood.
But now, our indoor lightbulbs only produce no more than 200 watts, and outdoors, when the sun is shining and there are no clouds, 1200 watts or more of light energy falls per square meter.
We simply live in twilight in these spaces, especially in winter.

And that makes us, like ferrets, very angry and restless, because we simply have poor vision.
But if we understood quantum physics better, we'd understand that we need a very bright artificial light source to compensate for the lack of sunlight in winter, because we are solar creatures.
Our eyes are tuned to the solar spectrum.
Therefore, we need one lamp per square meter and a power comparable to solar energy.
Then our brains will function properly, and our minds will be bright.
And if our minds are clear, then we will make fewer mistakes and improve faster, and we will be more sociable, our development will proceed faster.
And we will better understand the languages of other peoples and cultures, and then our transformation will begin, because other peoples will see that Russians have a better mind and they will think: why is this so?
After all, we were given all these religions and philosophies, and we do not understand them so deeply, but the Russians have studied and understood everything very thoroughly, and how is it that the Russians know Feng Shui better than the Chinese, and also that they have developed thermonuclear technologies and they were the first to make very fast quantum computers, and they already have Children play quantum games and develop very quickly, and know many languages and cultures?
And we'll explain it all to them right away.
And it's all easy to explain, because Russians have such a unique path: they simply have nothing of their own, they lost everything somewhere and scattered it all, and then they started wondering how it happened that we don't even have our own written language.

And then they thought, maybe we need to invite smart people to the country and learn wisdom and reason from other peoples?
And since then, they've been collecting knowledge from all peoples, traveling, writing, reading, reflecting, and coming to the conclusion that if all the information from all cultures is synthesized, understanding becomes better, because there are many truths, but the truth is one.
That's all.
And there's nothing to think about.
So that's what I'm getting at.
Hygiene must be observed.
And we must understand this as a reduction in the level of entropy in our lives.
Because if our bodies become polluted by unwashed hands, by animals climbing on tables and picking up trash and dust from the floor, by polluted air due to dust and objects that accumulate dust and dirt, and if we swim in unclean waters where many different infections can be brought in through the eyes and nose, our brains will simply function poorly and we will age much faster and die like animals.
Animals have very short lifespans in the wild because ticks, viruses, and all sorts of bacteria destroy them very quickly.
Therefore, we simply must keep our homes clean, have a minimum of things, so that we have plenty of space for qigong, yoga, meditation, exercise, creativity, and love.
And when our house is so clean, and robots instead of people will wash the floor, wipe the windows, clean the air, wash the dishes, and wash the clothes — then our consciousness will begin to develop, and then we will perhaps switch to a vegetarian type of diet, because only a vegetarian diet is suitable for us, because the fruits of plants are simply the light of the sun, which entered the tree and created a high-quality fruit for human nutrition, so that a person can grow, develop, so

that his mind is clear, and if there is also a lot of light in the houses, then spiritual beings will become closer to us and they will begin to talk to us and then Indeed, we will immediately grow in the eyes of these spiritual beings, angels.
Then they will understand.
These are real people; they understand that if there is light around, then it is light for everyone.
to living beings—both angels and people.
And perhaps then we will remember together that God wanted the Garden of Eden to be here.
So that there would be harmony on Earth between nature, and man, and Angels would also help protect and guard her.
Animals would live in this garden, but they would simply have less contact with humans, because it's bad for humans too when they interact with animals too much—they can become worm-eaten and overly passionate, because animals are passionate, and too much interaction with animals is a vice.
People need to interact more with other people, and they shouldn't have pets, because it's not good for a person to get sick because of an animal and to devote too much attention to animals instead of interacting with people.
And it will simply happen that we will have beautiful cities, where there will be many people, and everyone will be smart and cheerful, and there will be a lot of joyful communication, and we will learn and discover a lot, because everyone will be a little learned, and some will be very smart, because if we observe hygiene, then we will live longer, and if we are also careful with our words and do not say unnecessary things, but only pass on interesting, beautiful, smart things to each other, then we will become smarter much faster, and whoever lives the longest will be the smartest, because whoever has accumulated more knowledge and whoever is faster He who can examine and compare them will rule us, because that's great!

It's when the smartest and brightest person rules!
Because he will bring the best ideas and projects to life.
And everyone will love and appreciate him!
But Love not foolishly, like coming to him and bowing to the waist and kissing, but simply understanding that this person knows so much and is very bright.
So let him choose perhaps the best path for all people, because we love everything to be wise and sensibly arranged.
But perhaps we don't want only the smartest to rule, because how can we know who is the smartest person?!
After all, according to Howard Gardner, there are nine types of intelligence: naturalistic, musical, logical-mathematical, linguistic- verbal, existential, interpersonal, intrapersonal, bodily-kinesthetic, and visual-spatial.
Tests are needed for each type of intelligence to determine who is more intelligent and who is less intelligent in a given area.
Therefore, it's probably best to govern using statistics, and the smartest people can simply create a management tool that will collect statistics on all processes taking place in the state.
Then we will have a council that will manage all processes in the most optimal way, taking into account that the most important thing in life is people.
And all of this could be arranged very simply, because if people are the most important thing in life, then we must consider their needs first.
So, say a person is born into a family, and their parents immediately register them in a government app, stating that they have this person, this gender, this birth date.
And for this person, the program immediately calculates how much food, clothing, items, living space, and energy they need —everything they need to reach the pinnacle of self-actualization in the pyramid of needs.
But this doesn't happen immediately, but adaptively—as they grow up, the parents or the child themselves will gradually

update these data, communicating things to the smart devices that will surround them, and these devices will then anticipate the future, what needs to be done, what needs to be produced, to ensure a quality life for the new person.
Some machines will count and calculate, while others will grow food, sew clothes, create things, build, and generate energy.
And humans will simply create various machines and control their operation where necessary, mainly in emergency situations.
situations, because almost everything can be algorithmized, optimized, and routine can be eliminated.
And a person will have much more time to devote to themselves.
And as the wise Greeks said, to know thyself.
And this is something that a person will be studying for a long time, because there is a lot of interesting stuff in genetics, and in how cells and organisms work, and we are getting to know electromagnetism better.
And perhaps we'll understand how an organism is formed from two cells, and learn to model and predict possible human genetic combinations, so we can better understand what kind of children might be born to certain parents.
And if so, then perhaps we'll begin to choose the best options for health.
Then we'll be able to correct accumulated genetic errors, and diseases will become fewer.
And cybernetics-based medicine will be very smart and will make great strides.
These crude surgical procedures will no longer be necessary, but we'll be able to scan and treat our bodies with electromagnetic beams.
And it will be possible to treat damage or infections very quickly and effectively.

Because right now, we're simply very poor at seeing what's happening in the human body.
But if we had a scanner based on electromagnetic rays that could be aimed at any organ and see what's happening there in real time, we'd immediately understand what's wrong and be able to correct it immediately, either by applying a healing beam, just like in the Japanese art of Reiki.
Or by using robots, bioprinting, and surgery, as Americans and Europeans are currently doing.
Or both, depending on the diagnosis.
Therefore, we urgently need to develop electromagnetic technologies for scanning biological objects in real time, because this is the future of medicine.
And maybe in 100 or 200 years we'll understand the process of morphogenesis, which can be very simple and elegant, as nature always loves.
And maybe God and the angels created us this way, because they very effectively controlled the process until the Fall of man.
And the Fall began precisely because we started eating something wrong.
Specifically, we mistook poison for food.
And so we simply need to purify our diet.
And what should we eat as food?!
Simply eat plants, breathe fresh air, and drink clean water—that's all.
And maintain cleanliness.
our body, our soul, our speech and our thoughts.
And everything is very simple here.
If you think about what is clean and what is dirty every day.
For example, today I don't feel so good, maybe I just need to go take a shower and wash myself.

Yes, it can be that simple "The point is, you just wash off the dirt and your soul immediately feels so good and light, but you have to do it very carefully.
Don't let dirt get into your ears and eyes.
And the soap should be good, fragrant, or better yet, soap made from soapnuts, which grow on trees.
And those are the kinds of trees we should be growing!" But if I wished for something wrong, thought something vile and disgusting—that's also not good.
And why could this happen?!
It's most likely either an internal illness or poisoning, because a healthy mind resides in a healthy body!
And if you understand this, you simply need to flush the poison out of your body!
And how?!
Simply engage in physical exercise, running, squats, push-ups, pull-ups—all this makes the blood flow faster through the body, and it purifies the blood.
But you also need to drink plenty of pure water, because it is through water that the blood is renewed, and through air, and your diet must be pure.
You need to eat grains, porridge, honey, and even nuts, but you can eat nuts only when you're healthy.
Because they are a serious food and they put a strain on the liver.
If you eat a lot of nuts, you can become as strong as a tree!
That's how it is.
But you need to wash the nuts, pour boiling water over them and drain the water from them several times, because That they can be dirty, especially peanuts, which grow in the ground.
And it's better not to roast nuts, because roasting damages the molecules and makes them toxic—carcinogenic.

And coffee drinking accumulates a lot of toxins in the body, and that makes people angry because it contains a lot of entropy, that is, disorder.
There should be harmony and order everywhere in nature, and there should be harmony in humans too.
Therefore, we need to receive pure information and learn to cleanse our minds of the noise and filth that rains down on us like dirt from the internet, through TV series, blogs, pornography, advertising, and other shows.
And cleansing is very simple: just get out into nature one weekend, go to a mountain tourist spot, and simply admire the natural beauty, drink clean water, eat right—oatmeal with butter and raspberries, sit by the fire, and just sleep as long as you want.
And when your soul is clean and bright, then pure thoughts will come to mind.
And then life will be much easier, and your mood will improve.
And right now, for example, you can go skiing or just go outside and breathe some fresh air.
Because indoors the air is stale and dark energy accumulates, because there is dust, and all sorts of things can be indoors, because everything is still unthought out, because a person is like a child now — he moves a lot and thinks very little, and he needs both a lot and a lot to think.
And therefore, the best time to think is when you are skiing in the forest.
So, grab your skis, call a friend and go skiing and look at the beauty of nature, and think about what it's all about.
Maybe you don't need to think so much and life is much simpler!
That's how it is.

# Life

The human body is a low-temperature plasma where carbohydrate oxidation occurs at a temperature of approximately 36.6 degrees Celsius.
We live, we breathe, and with the air we breathe, we absorb oxygen, which saturates our blood through the lungs.
This oxygen allows us to oxidize carbohydrate molecules, sugars, and lipids that we consume along with organic food from plants.
Sugars and lipids are extracted by our digestive system and enter the bloodstream to fuel the combustion of low-temperature plasma in our cells.
Therefore, we must understand that the combustion process depends on two factors: the presence of sufficient oxygen in the air and the quality and quantity of food we consume.
The more easily digestible carbohydrates our food contains and the more oxygen in the air, to a certain extent, the better the combustion process can proceed, and therefore the process of consciousness and thought that depends on it.
But that's not all.
We must pay attention to an important thermodynamic parameter: entropy.
Entropy is a measure of disorder.
The greater the disorder, the greater the entropy in a system.
Thus, entropy can determine the quality of what we consume.
And most interestingly, the quality of the food we consume depends on this parameter.
We must take into account that if we eat a low-carb diet, we may not receive the required amount of energy.
Moreover, if our food already contains carbohydrate oxides, such as in roasted foods and especially coffee, we put additional strain on our detoxification system, which relies on specialized enzymes built on vitamins.

This means we can't be healthy if we drink coffee every day, because coffee simply creates waste that interferes with our metabolism.
Coffee clogs our cells.
The same can be said for smoke in the air.
Coffee and cigarettes are sources of entropy, disorder, and clog our cells.
More subtly, text that doesn't correspond to reality can also be considered an element of entropy in our system.
Text is the darkness and lack of information in your eyes, which are tuned to natural images.
Therefore, video information is better than text because it has a lower entropy parameter if it accurately reflects reality.
Even better is the image of perception you receive from the outside world every second, minute, and hour.
Images from nature provide us with the highest quality information, and optical instruments such as telescopes, microscopes, and video cameras allow us to observe spatiotemporal processes on various scales.
We currently have a problem: children who are over-reading books are unable to quickly navigate the real world and organize their lives, and their lives are derailed in various ways.
But if we provide them with quality information from childhood and develop their visual thinking, instead of overwhelming them with inert textual information, then in the future we will have people who are more able to think clearly and easily solve all of life's problems.
As for our nutrition, this is one of the life tasks that we must solve every day, but we must understand that if we drink coffee or smoke cigarettes instead of drinking water and breathing clean air, then we are simply interfering with our body.
It's difficult to function normally because coffee, like cigarette smoke, steals vitamins needed to detoxify the body.

It's sad to see that many people engaged in intellectual work don't understand this.
They can drink coffee, smoke heavily, and still think very slowly, which reduces the quality of their wakefulness, as their overall energy level decreases, as detoxification requires additional energy expenditure.
Therefore, the true elite of the future will be people who understand that they need to eat only high-quality, toxin-free food, drink clean water, and breathe fresh air.
And inevitably, people of the future will come to the conclusion that they should eat only minimally processed plant fruits, so as not to increase entropy or reduce the amount of vitamins and nutrients in food.
Plants are organisms that have coevolved with mammals for over 60 million years, and therefore we humans are very well adapted to plant fruits, and have also adapted the plants themselves to produce larger harvests and better-tasting fruits.
It's important to note that through plant fruits, we gain direct access to the sun's energy, bestowed upon us in the organic form of fruit, suitable for food.
Plants utilize light energy to form fruit, which also contains the highest quality organic molecules necessary for life.
Moreover, this does not cause harm to the plant, so eating plant fruits represents a higher level of ethical life, one in which a person harmoniously integrates into the picture of reality without causing suffering.
It's crucial that people in the future move to a higher level of ethics.
And a vegetarian diet is one of the first steps we can take now.
Plant fruits allow us to burn more efficiently, as they already contain everything necessary for creating low-temperature plasma—water, vitamins, minerals, and carbohydrates.
Plant cell plasma is very similar to animal cell plasma, so by eating plant fruits, we renew ourselves.

By nourishing ourselves with pure images from nature, we renew our minds.
Therefore, contemplation is important for the development of our thinking, discernment, and understanding.
We must contemplate this world more.
Look at the trees...
at the water...
at the sky...
at the flowers...
at the mountains...
at the clouds...
at each other...
Because we are part of nature, and God has created us so that we cannot live without beauty.
We must help nature create it around us.
Life is a wonderful flame...

# Nature

You can think of a person as a physical system, and nothing is non-physical.
Therefore, the spirit, the mental plane, and emotions are all parts of the physical world, which we call by one word—nature.
People simply don't understand the connection between the physical and the spiritual well, because they are limited by their morality.
By killing life in others, people coarsen it.
themselves and therefore do not achieve high understanding.
The spirit can be understood as a generalized field of reason, the source of the noosphere spoken of by Vernadsky.
After all, many beings inhabit our planet, and each creature has its own perception of our world, its own will, its own morality, choosing the path that is closest to its spirit.

And so it can be understood that there is currently no harmony in the spirit.
We hear cacophony instead of the harmonious melody of the spirit.
The mental field is the world's thought, manifested in a picture, in the image of the world created by our spirit.
But on the other hand, it is visible to those who possess sufficient strength or energy and knowledge of the subtle plane.
The mental plane is like a symphony, the parts of which are performed by beings and people, but not always successfully, and beautiful melodies are not always found, because the spirit of the world is sick, infected with the vices of egoism and ignorance.
Emotions are our reaction to the world we perceive.
Indeed, we have all four components.
We have a physical body, an organism, which is made up of cells.
We have an emotional radiation, which is woven from the radiation of our cells and connects our body with feelings with our mind, which itself contains our thoughts — our mental plane, and our spirit, which is connected with the spirit of our world.
But these forms of energy have no boundaries, as there are no physically closed systems.
Therefore, sometimes we sense the feelings of other people, other beings who are close to us.
Sometimes we see the thoughts of other beings through dreams or while we are awake.
Sometimes we perceive an idea or sense someone's presence, consciousness, or spirit that permeates everything in our world.
Therefore, energy accumulation is a very subtle process.
It can be viewed from the perspective of this fourfold division.
Physical energy can be accumulated through nutrition, breathing, sleep, by aligning your environment with order and

cleanliness, and by caring for your health and the health of others.
Temperature, sunlight, water, air, food, order, and cleanliness are all very important factors for aligning your environment with higher energy levels.
The law of conservation of energy states that the energy of a system does not change, so we must take into account the solar energy flows from our star, as it is the source of all energy on the planet's surface.
Energy accumulates if it is not expended, but we poorly understand the details of this process.
Our bodies live off the sun's energy, which accumulates in the form of the fruit of a tree or plant.
Bees collect nectar from flowers, and in our northern regions, it's the best form of energy.
But we can't endlessly accumulate energy, because it's pointless and impossible.
Humans need energy, a healthy feeling we've known since childhood.
We need to understand why this feeling disappears and what's stealing our energy?!
Too much poison, too many toxins: cigarette smoke, factory smoke, car smoke, road dust, reading pointless books, limited mobility—all of these rob us of our energy.
These are toxins that require the expenditure of ATP energy to cleanse the body.
Any toxins, including the emotional toxins of conflict, empty verbal equilibristics, news on TV and in newspapers—all of these are toxins that rob us of our energy.
A child is active and active until the age of seven, when they don't go to school, they have a lot of health, energy, and a zest for life.

Sitting at a desk slows the flow of vital energy (qi) in a child; the fear of the board and the teacher drains their strength, making them dull and obedient.
School curricula are transmitted by state institutions tainted by corruption.
These are difficult times.
School is not fundamentally bad, but it is important to understand how the educational process should be conducted.
The foundation of the education of the future is the image of nature, an understanding of the nature of reason, and its manifestations in biological forms of matter.
Currently, schools cripple children's minds; black letters, like poison to the mind, darken them, incapable of compassion and perception of subtle emotions.
The education of the senses is not included in school textbooks.
Who has seen a protective net or felt its presence in their auric field?!
And what is an aura?!
There's no subject in school that teaches subtle senses.
The eyes play a very important role in life.
Computers, books, the architecture of our city— they obscure our vision and make it immobile.
We need to turn our gaze to nature.
Natural images have healing powers.
It is in nature that we return to the source of our health, youth, and strength, and our vigor.
Nature heals.

# Time

Time can be understood simply as an imaginary dimension of space.
In Minkowski's equation, which defines the metric of space, one can equivalently replace the imaginary spatial dimension with a time dimension.

Look at what you see now.
The picture of your perception at the current moment in time is your only given.
Time is data, information, presented to the eye of your mind.
You see the world before you, nature, the image of a school board, students—all of this is the current moment in time.
But when you imagine this, you seem to separate the streams of perception into what you imagine and what you see happening in external reality.
In dreams, we time is given as it is — as an image of perception, as fantasies, as our dreams.
On the other hand, you may not see, but you can think about, comprehend time in signs and sounds.
When you focus your attention on the sounds of your speech, time becomes a melody, music, your song.
Physical time is associated with the transmission of signals from one part of space to another; photons of light, pressure fluctuations in the environment—phonons that transmit sounds —are particles of physical time.
Time itself is hidden in the image of a tiny fluctuating particle that carries information.
Time, as an abstract concept, arises from an understanding of the multiplicity of vibrations and waves that permeate the universe, knocking on the windows of our perception, evoking in our consciousness reflections of these waves, which we call events.
Indeed, we can conventionally speak of the future as our predictions, dreams, and fantasies, as messages received from others.
And, conversely, we can speak of the past as images of long-past events, traces of which remain in our memory, the memory of our world.

Time is largely information for us, and it doesn't exist without the physical processes of creating, storing, and reproducing information.
Deleting information is also possible, although it takes more time.
We forget something when we don't recall it for a long time.
But the human brain, unfortunately, is very poor at forgetting.
Therefore, we must ensure the purity of our perception.
The images of the world we perceive must be pure.
Therefore, we should rather discourage children from computers, games, books, films that are not worthy of our attention.
After all, they contain no pure information, because everything created by humans is created within the context of a world they have disrupted.
Humans destroy the world, poisoning their own nature with their unworthy behavior.
They do not understand that it is wrong to kill living beings, because the soul of the world is one, and their violence toward the world is reflected back upon them.
This is a consequence of the nature of time.
Nowadays, children's eyes become dead and glassy because of computers.
Computer and board games transmit the vice of adult fornication to children.
The black letters of books kill living thought in children.
Movies cripple children's morality, a gift from above, from God.
Only images of nature can heal our morality, revive our thoughts, direct them towards creativity and return to our eyes the creative spark, the spark of true interest in life!
We're accustomed to thinking of time as a separate dimension, which, unlike spatial dimensions, has a distinct direction — from past to future.

And people often transfer the properties of spatial dimensions to time, which, unlike spatial dimensions, isn't real but rather an imaginary dimension.
From the perspective of mathematics and the Minkowski metric equation, time can indeed be considered an imaginary dimension, orthogonal to spatial dimensions.
As an imaginary dimension, time has its own characteristics, and we must take them into account.
From the perspective of the average person, time seems mysterious.
Indeed, time's arrow carries us from the past to the future, and our end inexorably approaches with each passing day—we grow up, age, and die, and what awaits us next is known only to God.
In any case, we have a finite duration of existence in time; we are mortal, and therefore we must think of time as a non-renewable resource, the quantity of which is also unknown. Therefore, we must value time as something precious.
But at the same time, by understanding some of the features of our world, we can make our life safer and thereby reduce the likelihood of an unfavorable outcome in the future, associated with our suffering and possible death, if this does not contradict the ethics of our behavior associated with a higher understanding of the values of our life, such as saving the lives of our loved ones, striving for a high ideal, for a dream, which can ennoble all of humanity.
Time does not have an absolute value, since it will seem clear to any person, That no matter how much time is allotted to it, it all doesn't compare to the value of love for people, love for God, and love for your significant other.
Although many time management courses teach us to value time as gold, nonetheless, all this is nothing compared to the values I outlined above.

But still, time can be more expensive than gold, because the way we evaluate its conditional quantity in comparison with our working time allows us to make such a comparison.
1 gram of gold can be more expensive or cheaper than the price of our time, which we ready to give up an hour of their precious time for a nominal sum.
But that's not the point.
The point is that we miss the conventionality of the very understanding of time.
When we say time, some association arises in our mind, an image that we are accustomed to considering something real, when in reality time is just a word that evokes a wave of associations in our consciousness.
We hear the sound of time, and perhaps see a picture of a clock before us, we recall words that tell us about the past, future, and present, that time passes, time runs, time flows, and flows away somewhere...
And along with this elusive sound, we miss the feeling...
That it is only sound...
In reality, there is no such abstraction as what we call time.
Time does not exist.
It exists only as a word in our consciousness, as associations in our neurons, connections within our brain that excite our minds when we pay attention to it.
word.
But still, if we think of time as something imaginary, using the symbolism of mathematics and complex numbers, then time seems to us to be something more understandable, because we begin to grasp other ideas that we miss due to the lack of development of our everyday associations that we connect with our everyday life.
Mathematics allows us to grasp very subtle phenomena.

And we can think about time in such a way that This is merely an imaginary dimension needed to describe the oscillations that permeate the entire universe.
Periodic processes occur throughout the universe—planets revolve around the sun, electrons revolve around the nucleus of an atom, and photons vibrate, which is reflected in fluctuations in the intensity of the electromagnetic field.
But this perspective cannot explain the direction of time from the past to the future, because There is no past and future in periodic processes; there is only a phase that marks the state of the process from a multitude of possible states.
And from this point of view we come to the conclusion that time has a probabilistic nature, because not all processes are periodic, which means that one time dimension is not enough for us to fully describe the concept of time.
The concept of probability and the set of possible states generalizes the idea of time.
We can speak of probabilistic time as time that assumes nonlinear transitions between the current and next states of a system, bypassing the property of periodicity.
For example, we can imagine the movement of an asteroid, which could either destroy a planetary world, in which case it would disappear forever and all life on it would perish, or not destroy that world, depending on the probability of the asteroid colliding with the planet, whether there is a civilization on the planetary world capable of resisting the asteroid threat and warding off disaster, whether the planet has satellites, or whether there are Whether there are other asteroids nearby or not, and what the actual circumstances are, is crucial because each subsequent state of a stellar system during multiparticle interactions exhibits a large variance.
The equations of theoretical mechanics for multiparticle interactions exhibit fundamental instability, and therefore the

system's states at future points in time can be virtually unpredictable.
The same applies to weather forecasting, although with the caveat that the atmosphere and its parameters can be even more unpredictable than the movements of celestial bodies in near-Earth space.
But probabilistic time is insufficient to explain the existence of the arrow of time, which we often unconsciously associate with our lives.
The arrow of time is an inherent illusion, linked to our biological time, which is transmitted from the folded spaces located within the nuclei of our cells.
The program of our DNA, which encodes all cellular processes, determines the cycles of creation, development, reproduction, and aging of our organism, so we are accustomed to believing that our time is inexorably approaching our death.
And having adopted the materialistic idea that life ends with the death of our body, we find ourselves surrounded by The illusion that time has a strict direction from past to future, from the creation of life to its end.
Meanwhile, this is just one possible view of the world.
And we can consider that we currently lack the technology and information that would allow us to modify our genetic code during life, so that we could choose our state on the arbitrary scale on which we designate biological time.
Our species is still young, and we don't understand much due to a lack of experience and information.
But one day we will learn to stop our time, capturing our image in the best possible state for us.
Thus we come to the idea of abstract time as time-information, which simply as a program translates some possible states of a system from a flow of abstract measure.

Our genetic code, which has an abstract binary nature, when translated to the molecular level, determines the specific state of a cell, which itself can be in one of many possible states. But does it contain Whether the genetic code itself contains a set of possible states for the system of our cells and our organism, or not, requires research.
It's entirely possible that the DNA code defines only some ideal states of the system, while the set of possible cellular states extends beyond the domain of the genetic code.
And more likely, That's exactly how it is.
But that's not the point.
The DNA code can implicitly define the ideal states of an organism's system, thus representing the dimension of time within us as a kind of abstract time of informational nature.
Only when the genetic code is translated to the physical level do certain probabilities for the realization of certain states arise.
And thus, using the example of our biological time, we can see a profound connection between the various dimensions of time —abstract, probabilistic, and physical.
Abstract time, encoded by any information carrier, generates probabilistic time, which is realized as a concrete variant in the physical world.
But there is no abstract time as such, just as there is no probabilistic time, nor is there physical time—all these are merely abstractions that reveal the informational essence of time's nature.
Time is hidden in the images of our world and represents a folded space.
Unfolding the DNA code into a real physical process requires cycles of molecular- photonic transformations that utilize incoming and outgoing flows of matter and energy, which themselves are composed of elementary transformations.
Like dominoes, the nature of gravity and electromagnetic waves leads us to the directionality of transformations of

energy and matter momentum, and the illusion of a process moving from the past to the future according to certain information encoded in the binary code sequence within the DNA molecule.
If we delve into the very core of the physics of time, we discover the photon, which is the excitation quantum of an electromagnetic field.
What happens when a photon excites an electromagnetic field, causing it to oscillate, generating a cycle of physical time?
Perhaps the photon causes an elementary change in voltage in the crystal of space, which James Clerk Maxwell, the founder of the theory of electromagnetism, called the ether.
And this elementary change in voltage propagates through the ether, causing subsequent changes in matter and field.
This is easy to understand using the analogy of waves on the surface of a lake.
The voltage generated by a stone dropped into the water causes the spread of expanding ripples on the water's surface.
But the presence of waves on the surface does not preclude the possibility of vortices and currents in matter, which can distort the waveforms, so paradoxes are possible even in what we associate with physical time.
But what science fiction writers write about time is complete nonsense—supposedly you can stop time and turn it back.
If time is a complex process based on the transmission of electromagnetic and gravitational waves and impulses, then how, given the complexity of these processes, can we assume it's possible for a system consisting of countless elements to return to its previous state, no matter how small?
A discernible state?
Even this is impossible, because all processes are directed by a multitude of spatially organized impulses, the reversal of which is impossible in space.

How can we force a planet to turn in the opposite direction from its current motion without applying an equally powerful gigantic impulse, imparting a speed of tens of kilometers per second to a planetary body of enormous mass?
This is impossible, and it's unlikely our civilization will ever be able to do so.
But even this is not enough, because it would also require influencing the entire multitude of photons that propagate from the source to their destination.
receiver.
It's hard to imagine even capturing a single photon, because how is it even possible to detect a wave propagating in a medium like the ocean?
The mind games of science fiction writers regarding the nature of time are rather delusions, generated either by stupidity or by the desire to earn money from writing, with the possible exception of the science fiction classic Herbert Wells, who, through a logical trick, wanted to convey the possible direction of the decline of morals and the degeneration of the contemporary elite and capitalist society in connection with some of his ideas about the fact that technology could corrupt the future man so much that separate subspecies of people would appear, which would be hostile to each other and would eventually die out due to the fact that their minds would weaken and they would lose their human appearance.
When we move from the model of absolute time given to us by Newtonian physics to the idea of relative time in Einstein's theory of relativity, we make a clarification that allows us to better understand the nature of processes.
Time in the theory of relativity is based on the concept of an event that can be recorded as a certain signal arriving at the timepiece.
This allows us to see that there is no absolute time.

And events can have different spatiotemporal coordinates in different reference frames.
But if we take the next step, saying that time is an imaginary dimension transmitted from a higher-dimensional flow, then we move to an even more precise understanding of time, which allows us to see the organization of time as an informational dimension hidden in the peculiarities of the organization of matter.
We already know that human biological time is determined by the interaction of DNA-coded information with the conditions of the environment surrounding cells, on the one hand.
On the other hand, suprabiological time is linked to human behavior as a result of the interaction of supragenetic programs regulating the nervous system and the individual's conscious choice, based on the action of the mind.
But everything is much more complex, and therefore We must take into account the nesting property of processes for a better understanding of time.

# Feng Shui 3

In previous posts, I discussed a new understanding of the art of Feng Shui based on a new discretization of the fundamental forms of energy.
It is crucial that a home be not only tidy but also clean.
But cleanliness in a home can be understood crudely as the absence of dirt and dust on objects, walls, windows, ceilings, and floors, or it can be understood more subtly—as the absence of entropic and negative forms of energy that can be present in a home, even if it appears clean.
So what are these negative forms of energy and how can they be detected?
This is very difficult to do with technology at the moment, as there are no spatial electromagnetic field scanners available to the average person, with the possible exception of a thermal

imaging scanner, which isn't sensitive enough to detect the very subtle fluctuations in electromagnetic field strength in the infrared range of the electromagnetic spectrum.
But we forget that humans themselves are a complex, multicomponent system, in which the human organism—the human body—is represented as a living, sentient, multimolecular organic miracle.
Moreover, this miracle is equipped with more than 100 different quantum biosensors, some of which, for example, vision, exceed the sensitivity of modern radiophysical equipment.
If, for example, we take the properties of photomultipliers used in the neutrino telescope currently located in Russia under the waters of Lake Baikal, you can see the difference in the size of the optical A module capable of detecting a single quantum of light in the blue spectrum is approximately 60 centimeters in size, while the biosensor inside the eye on the retina, responsible for perceiving the same blue quantum, is no more than 60 micrometers in size—roughly speaking, our biology's superiority over technology is four orders of magnitude, or 10,000 times.
This is the meaning of the saying that nature possesses great wisdom.
The time it took nature to create an organ that perceives light is equivalent to a billion years, while the time it took humans to create a similar artificial organ is negligible compared to that time.
Therefore, within the human body there are many secrets hidden, waiting for their time.
And each Some of us can look within ourselves and discover many things we haven't yet thought of.
Humans have a delicate organ of vision that allows us to see electromagnetic fields in the optical spectrum of wavelengths

with a sensitivity close to that of individual quanta, meaning we can perceive phenomena that are elusive to our technology. We can see subtle energies and differentiate them by quality. But this is potentially true, but in reality, our biosystems are not tuned to the perception of subtle energies, and only some of us can perceive them, because a certain knowledge of how to tune oneself to this perception is required.

And the path of Qigong presupposes mastering these qualities of perception, but this path is unthinkable outside of Chinese traditions of transmitting knowledge about Qi energy, which can be expressed in a more subtle form The sound of Chi.

And the sound of Chi is close to understanding how we perceive this world.

Number as a word means to catch Chi, that is, to grasp the subtle energy that transmits information.

From here we can see the wisdom of our language, which tells us that we see numbers.

And indeed, from a physical perspective, we perceive the world through the discretization of the energy of solar rays, which possess the property of physical vibration—natural vibrations — and transmit to us messages encoded in the wavelength expressed number.

But some numbers or energies possess harmonic relationships, while others do not, and here's why it's important for us to understand this.

Our biosystems, our organisms, are tuned to specific vibrational frequencies that are linked to evolution and the evolutionary environment on our planet.

We vibrate at frequencies close to the radiation frequencies of our home star— our Sun.

And so we must understand that we need to create similar radiation within the spaces where we work, toil, and live.

And this is the basis for understanding the new energies.

# Feng Shui 4

In the space of your room, home, or the room where you work, some form of energy may be diffused, or more precisely, we can talk about the energy spectrum of space, in which one or another aspect of energy may predominate.
In my previous post on the forms of energy-matter, I classified the 7 + 3 main types of energy- matter.
I will list them again: crystalline, liquid, gaseous, plasma, light, magnetic, and dark (7); spatial, biofield, and biological (3).
Why is such a division into forms of energy-matter necessary to better understand Feng Shui?
It's very simple.
When we clean a room, we typically consider only the first three forms of matter-energy—crystalline, liquid, and gaseous—and therefore overlook all the other forms, thereby missing out on higher levels of space purification.
If we consider the remaining seven forms of energy, we will create higher degrees of harmony among the vibrating forms of energy.
Plasma or electrical energy can be diffused throughout your home.
For example, if you have an ionizer at home, electrical charges—electrons, ions, and air ions—can spread throughout the room, which can have both positive and negative effects on you.
Plasma energy excites the electrical field within your cells and increases your vibrational frequency, but this can be both good and bad for you, as not everyone can tolerate higher vibration levels.
Moreover, if you live in an unfavorable location, near a fault line, a cemetery, a military conflict, or a high-voltage power line, your home may accumulate a significant amount of biofield energy.

This energy, similar to a bioelectromagnetic field, can interfere with the operation of your appliances, causing frequent breakdowns.
It can also affect your mind.
Therefore, in such areas, it is not recommended to saturate the space with energy.
Indeed, here, it is necessary to follow the ancient wisdom of Feng Shui, which emphasizes the use of Feng Wind and Water Shui energies.
Feng Wind purifies the space, preventing biofield energies from accumulating indoors.
Therefore, it is wise to ventilate the rooms as often as possible to completely cleanse the air of unwanted odors and perfumes.
The power of Shui water energy allows for the neutralization of areas where negative plasma and electrical energy can accumulate.
Simply clean your home thoroughly, preferably daily, while remembering to use hygiene products such as gloves and detergents.
Also, be sure to keep the water you use clean by changing it frequently and preventing dirt from accumulating, ensuring it is always clean.
The next form of energy, light energy, can be perceived as energy in the first place.
The one we perceive with our vision.
We need indoor lighting that's as intense as the sun's radiation reaching us on Earth.
LED lamps aren't bright enough to mimic the effects of sunlight, so we need to create buildings that are open to sunlight—they need to have lots of windows and be transparent to light.
But where that's impossible, we can at least create an energy level and spectrum that's as close to the sun's as possible.
And that's it.

Important!
Because the human brain is a biophotonic computer, and a lack of light energy can result in a human error—an incorrect action that can lead to damage or negative consequences, and possibly even death.
Therefore, this is crucial!
Human life must be illuminated by bright light; then there will be less trouble and more happiness in the world.
But more broadly, we can understand light energy as the energy of an electric field that fills the entire space inside a room.
And this is a secret, but even if you simply play music inside your home, the energy of sound vibrations is transformed into vibrations of the electromagnetic field.
Therefore, you must understand that you are responsible for the quality of the energy filling your home!
Even your thoughts and feelings are connected to the electromagnetic field!
Therefore, you need to carefully consider the sources of information with which you fill yourself.
You need to fill yourself only with pure energies that correspond to your harmony.
And these are the energies and vibrations of love and positive feelings.
Classical music is acceptable, as are birdsong and bright, positive thoughts and feelings!
Like attracts like, but not always, so if the psychoenergetic situation around you is very negative, it is better to simply create silence.
And meditation may be one of the best ways to do this.
But it's important to remember that harmonious family relationships are also very important.
From a Feng Shui perspective, our bodies are bioelectric crystals that radiate and accumulate energy.
And this energy can have both positive and negative qualities.

Therefore, it's important to take care of your loved ones and maintain ethical communication.
You need to make sure your family feels your love and care.
You need to love your loved ones.
Meditating on "I Am" can be a powerful way to tune into your own vibrational frequency, which creates a positive electromagnetic radiation around you that benefits your life!
You can simply find a comfortable position—sit or lie down—and feel your body, every cell!
And this is enough to begin to understand who you are!
You are divine!
But don’t forget that there is a divine world around you and you are only a part of this world!

# Soul

The human soul is an electromagnetic field that permeates the human organism—the body.
Soul and body form a dual system that exchanges energy through electromagnetic channels, which in the East (in India) are called nadis, and in China, the miraculous meridians.
At the same time, the soul is a complex electromagnetic field that can be stable independent of the body.
Imagine for a moment that string theory is correct, meaning that other forms of matter-energy are possible, in addition to those forms we are accustomed to perceiving as atoms—that is, indivisible, tiny particles of matter stable over long periods of time—from minutes to septillion years.
If string theory is correct, then extended clumps of matter are possible whose properties differ from those of atoms, just as the properties of atoms differ from those of electromagnetic field lines.
This means we can assume that there are also objects composed of sets of strings, which we perceive as force fields. electromagnetic field lines.

And the soul is most likely a similar object, woven from string matter, which, like atoms, has the property of stability of existence in time, which means that the soul of a person, animals and plants may not disappear after the disappearance of the organism, but continue its existence in time and space, on our planet Earth, which also has its own soul, which the ancient Greeks called Gaia.
We must think about this more seriously.
After all, if so, what happens to the souls of living beings that humans kill?
They don't disappear, but remain in the field of our planet, and this is why phenomena arise that are difficult for us to understand, but we must understand these phenomena.
I'm talking about vampirism and black magic.
Because vampirism and black magic are partly caused by the presence in the field of our planet of many living souls that possess an evil will, a desire to take revenge on humans for taking their lives.
These creatures wander in field of our planet and people who have spiritual vision see that among the trees, In people's houses, where there are people, strange and scary creatures fly — inhabitants of the deep — octopuses that look like sea turtles — slugs dripping from the ceiling, spiders that weave the dark corners of your rooms — and they all try to get into your head and to convey to you some thought that is necessarily poisonous.
All these magical beings are the living souls of creatures once destroyed by humans.
Humans chose the wrong path; they followed the sin of fratricide and began to kill their lesser brethren.
And the spiritual laws of our world do not forgive this.
God watches over us, and He does not want people to kill each other or other living inhabitants of the world He created.
We must forever renounce the violent will to kill living beings.

And we will have to correct our mistakes.
We must restore the ecology of our planet and create all the conditions for non-violent life for all species on planet Earth.
Biofield I want to tell you about biofield.
From a scientific point of view, a biofield is the totality of all physical fields that surround the body of a human, animal or plant.
This definition is quite broad, but it allows us to specify the type of biofield in order to better understand a particular type and method of interaction of a living organism with the environment.
its environment and other organisms.
But when I say biofield, I want you to understand by this the bioelectromagnetic field that surrounds and permeates the living organism of a person, animal or plant.
I claim that it is the bioelectromagnetic field that is the living soul of a person or animal.
or a plant that is capable of perceiving, feeling, loving, creating, thinking.
This is not easy to grasp and understand, because it requires experience, measurements, scientific experiments, so this connection between the soul and the bioelectromagnetic field is currently a hypothesis in world science.
In modern science, and more specifically in psychology as the science of the human soul, there are electromagnetic theories of consciousness that attempt to link mental functions and the existence of the soul with the phenomenon of the electromagnetic field surrounding the brain and body.
person.
But scientists can try to confirm and clarify this connection for a very long time, and each of us In fact, it has a very powerful cognitive tool, which is equipped with more than 100 different types of quantum biosensors, the data from which is processed in parallel on a compact supercomputer device, the computing

power of which is comparable to the power of modern silicon supercomputers.
I'm talking about the human brain and the sensory organs built into your body.
Because in fact, even your eye contains incredibly sophisticated quantum sensors capable of detecting individual quanta of light!
It's important to understand that your brain and body possess greater scientific potential than many modern scientific laboratories!
You and your brain are walking research stations, capable of conducting scientific research into the world around you!
But this also means that you must be responsible for your research, and therefore you must strictly adhere to ethics, which involves not causing harm to others.
you people, animals and plants, and the souls of living beings!
So, I can draw attention to your experience so that you can truly feel your biofield better and sense the reality of its existence.
I ask you to quickly rub your palms together!
Yes, such a simple action will cause you to feel the warmth of your hands!
But how does this happen?!
And why is this connected to the functioning of your biofield?!
How can this prove its existence?!
When you rub your hands together, your brain sends a signal to your motor cells inside your muscles to contract and stretch, so that this process repeats over and over again.
But in order to feel the warmth in your palms, thermal vibrations must arise on their surface inside the cells at the atomic level, which are precisely the vibrations of the electromagnetic field inside the atomic lattices that make up the membrane surfaces.
your cells.

These electromagnetic vibrations are detected by biosensors located inside your cells, tuned to infrared frequencies and connected to your nervous system through a network of neural connections.
Thus, by creating thermal vibrations due to the force of friction, we receive a feedback signal that is interpreted by your nervous system as an increase in temperature in your palms, which we simply call “heat.” It's not simple, but there is some confusion in modern science that states that it is the brain that creates the desire to rub your palms, and then it interprets this action as creating warmth in your hands.
But no!
It's not the brain that creates this desire, and it's not the brain that perceives the picture of your world!
It's your soul or biofield that can create the desire and perceive the picture of your world, because it's a miracle that has the potential to unite streams of information and perceive holograms!
The brain consists of many cells — neurons, which in themselves are separate automatic computing devices, similar to relay stations switching information flows.
These stations are serviced by neuroglia—specialized service cells that ensure the best functioning of neurons—cleaning, nourishing, optimizing signal transmission, and so on.
But the essence of neurons remains the same.
same — it consists of receiving and transmitting signals, while at the other end of the line there is an “observer”.
The "observer" phenomenon is present in quantum physics.
It's a paradox, but quantum measurements depend on whether someone is observing the physical process at the quantum level.
And this can be observed in human life too!

Have you ever considered that when you're doing something, you might feel embarrassed because someone is right there with you and can observe you and your actions?!
That's exactly what I mean when I say that a physics experiment depends on the observer!
It's simple.
Your neurons and your entire body are permeated by a biofield, which is a bioelectromagnetic field fueled by the electromagnetic energy of your cells.
It is this biofield that synthesizes all the signals from your nervous system and perceives the hologram you observe as an image of your perception!
Your biofield is a quantum holographic device!
But how is this possible?!
There's currently no research that has definitively confirmed this idea, but the miracle is that you see the world as it is, and uniquely!
The entire world is represented at this very moment in time, in your perceived image of the world around you!
Yes, this is a quantum hologram and it couldn’t be otherwise!
This is so cool!
You truly are a biophotonic robot, perceiving the world through a network of tiny quantum sensors distributed across and within your body.
And at the same time, you are a human being with a living soul, thoughts, and feelings!
It's hard to understand, but the brain acts as an intermediary between your biofield and your body, which acts as a biophotonic robot so you can operate on the surface of our planet!
The human body is one of the best devices to perform spiritual work on Earth!

Indeed, the number of degrees of freedom for movement and manipulation is greatest in the human body compared to the bodies of animals and plants.
Therefore, humans must be responsible for their own movements!
A person should love and appreciate the gift their parents gave them!
And they should skillfully use it to improve and create better living conditions on Earth!
The God of the Galactic Center gave us the idea of creating a Garden of Eden on Earth!
And we must strive to bring this idea to life!

# Minimalism

Minimalism is a good principle that involves reducing the number of things, both unnecessary and unimportant items, in your life.
Look at it this way: Every item typically demands your attention, so as your number of possessions grows, you become more conscious of more items, as well as more responsible for caring for them when tidying up your home or moving.
It happens, but the materialistic ideology of the last century and the devastating wars have taught us to be misers and to hoard things we don't need, just in case...
But that's wrong.
We shouldn't think too much about things—it clutters our minds and leaves no room for anything more important...
For human relationships, for feelings, for people, for nature, for travel – that’s what free space is for in our minds and in our homes.
By reducing the number of things in your life and donating them to storage facilities for those who need them, you free up your attention, time, and energy.
A person doesn't need many things.

All those dusty bookshelves, rooms full of closets, and garages filled with dusty old electronics and all sorts of odds and ends. How easy it is to say to them all, "Bye, I don't want to live among junk anymore." A person needs space, light, warmth, clean water, clean air, quality food made from plant fruits, clothing and shoes, a few kitchen utensils, a few hygiene items, sleep — all this is simple, you don’t need a lot of things. Books are not needed either, there are libraries for books.
But you can live as light as a bird, when you have few things and everything fits into a small backpack that you can take with you on a hike, in the mountains...
The mountains are beautiful...
In the mountains, natural senses come alive and a person regains his connection with nature...

# Ecological thinking

The word "Ecology" comes from the Greek: Oikos — house, dwelling, Logos — the living word, meaning, law, teaching, Spirit.
Heraclitus, one of the great ancient Greek philosophers, identified Logos with the Living Fire, the eternal and universal necessity.
Therefore, "Ecology" is not just a science, but a vital, living word for all of us about our common Home—planet Earth.
“Ecological thinking” in this sense is a living fire of our thoughts, which we must all maintain within ourselves and in each other in order to live in harmony with ourselves, with people and with the life that surrounds us in our Home, on our native planet, which gave us through our parents this wonderful experience of life.
At the same time, “ecological thinking” is a deep understanding of the interconnectedness and interdependence of all life phenomena, an understanding of how simple everyday processes in our lives create our common future, a

vision of the overall picture of life and its changes in its present and future depending on our specific actions, surrounding conditions and life itself.
Today, "ecological thinking" is becoming increasingly important for all of us.
We are all living in the Anthropocene—an era of increasing human influence on the world around us and on nature.
The Anthropocene is a geological epoch characterized by high levels of human activity and significant human impact on the natural environment and life on Earth.
The term "Anthropocene" was first coined by ecologist Eugene Stormer in 1980 and popularized by Nobel Prize laureate in atmospheric chemistry Paul Crutzen.
The Anthropocene era is considered to have begun with the explosion of the first atomic bomb, when humans first realized how vulnerable and fragile life on Earth was in the face of the terrible and destructive force that had become subservient to them, their knowledge, and their intelligence.
And scientists were the first to realize this.
Scientists realized that the human species had become an active geological force, capable of significantly altering environmental and life-threatening conditions.
Unfortunately, these changes were not beneficial to life...
According to estimates by ecologists from the World Wildlife Fund , the population of various animal species on Earth has declined by 68% over the past 50 years due to human activity.
Humans are increasingly encroaching on wildlife, leading to the extinction of living species.
"Thanks" to humans, the number of animals living in fresh water has decreased by 76%.
In Europe, the number of fish has fallen by as much as 93%.
Environmentalists attribute this to uncontrolled and overfishing, dam construction, and climate change on Earth

due to global warming, also caused by increased activity person.
Global warming is a phenomenon caused by an increase in the Earth's average temperature.
Rising temperatures on the planet as a whole lead to an increase in natural processes such as hurricanes, floods, forest fires, and natural droughts, which are The cause of animal death and habitat destruction includes us humans.
Climate scientists attribute global warming to the significant increase in the impact of human technological and agricultural activities on the environment.
Over the past 50 years, the average surface temperature of the Earth has increased by 1 degree.
Temperature fluctuations of one degree on geological time scales are typical for intervals of thousands of years, but not decades.
Solar activity and the interstellar medium, which can also be sources of climate change, remain stable.
There are no other geological processes that would suggest an "internal" origin for such dramatic temperature changes.
This is why many scientists believe that humans alone are the primary cause of ongoing climate change and global warming.
Scientists believe that one of the main causes of global warming is the burning of fossil fuels—coal, oil, and gas.
Their combustion leads to significant emissions of carbon dioxide into the planet's atmosphere.
Accumulating in the atmosphere, it creates a "greenhouse effect," which leads to the accumulation of excess solar energy in the atmosphere.
But it's much more complicated than that...
Because humans not only pollute the air, but also destroy the living lungs of the planet—the forests...
There is an amazing Japanese cartoon by Hayao Miyazaki's Studio Ghibli*, their first work — "Nausicaä of the Valley of

the Wind" tells the story of the young princess Nausicaä, who tries to unravel the mystery of the ecological catastrophe that has befallen her planet...
deserts are everywhere, and from the few remaining forests, the wind carries spores that kill all life...
This masterpiece is a must-see for families who want to instill a love of life in their children and plant the seed of "ecological thinking" in them.
* It's worth noting that the name Studio Ghibli is taken from the Libyan language.
The Russian pronunciation of this word is "Ghibli." This is what the Berbers, the indigenous people of Libya, call the hot southeasterly wind blowing from the deserts of North Africa.
The French call this wind the Sirocco, or less commonly, Shirocco, from the word "shark," which means "east" in Arabic.
Sirocco is one of the Eight Winds of the Mediterranean: Tramontana is a cold North Wind of Italy and Spain, a wind blowing "from behind the mountains" Auster is a harmful and evil South Wind, bringing fog and rain in winter and dryness in summer.
Ponente — a warm and moist "caressing" breeze, "Zephyr", the Wind of the West Levant is the dangerous and swift East Wind, the "rising sun" of Gibraaltar Libeccio — a hot and dry, "bloody" Southwest Wind — carries red sand from the Desert to the Sea, falling as rain in the form of red drops, for which people call it "bloody" Gregal is a formidable and strong Greek wind that caused the wreck of the ship of the Apostle Paul on his way to Rome.
The Mistral is the cold and powerful "master" of the Northwest, blowing from the Cévennes Mountains in France to the sea coast, capable of uprooting trees, the scourge of the Rhone and Provence Forests in natural conditions could

"utilize" this carbon dioxide, since it acts as a kind of food for trees and green plants containing chlorophyll.
Single-celled algae living in the world's oceans can also "utilize" carbon dioxide.
However, humans also poison water by releasing pesticides into it.
The World Ocean, where life emerged, is currently in distress.
Excessive ocean pollution is causing ocean currents to shift.
The Gulf Stream, which carries warm waters from the equator to the North Atlantic and is the planet's climatic "heart," is weakening...
The Gulf Stream is a very important current in the world's oceans.
Together with the North Atlantic Current, it warms the western and eastern coasts of North America and Europe.
This occurs because air masses above the warm waters of these currents are heated, carrying additional heat to the continents, thereby raising the average air temperature on the continents.
This is especially noticeable in coastal areas, where temperature increases can reach up to 10 degrees Celsius!
The wonderful tropical gardens of England and the ice-free fjords of Norway, and indeed the generally mild and warm climate of the United States and Europe, owe their origins largely to the Gulf Stream.
There are various scenarios for future climate change that link the shutdown of the Gulf Stream.
The most vivid and dramatic scenario is presented in the 2004 film "The Day After Tomorrow." In 2005, the film's creators received a BAFTA award for "Best Achievement in Special Visual Effects." This film is worth watching if you haven't already.
It's beautiful, even by today's standards, and it beautifully explores the theme of "ecological thinking" from a screenwriting perspective.

"Scenario vision" is the ultimate ability to develop human quality thinking.
Human thinking develops in stages throughout life, starting with simple forms of thinking that involve early and more ancient structures of the brain that make us related to animals, and ending with complex ones that involve those parts of the brain that are new evolutionary acquisitions inherent only to humans “Scenario vision” is a new evolutionary acquisition, unique to humans.
From a psychological point of view, there are only 7 levels of development of the human thinking process, arranged in order of increasing complexity:
1. Visually and effectively
2. Visual and figurative
3. Associative
4. Logical
5. Dialectical-idealistic
6. Dialectical-materialistic
7. Movie-script thinking
Visual-active thinking is the thinking of a savage who is just learning to handle The world around them.
This thinking clearly manifests itself through the volitional movements that the child makes in an attempt to understand themselves and the world around them through sensations.
Visual-figurative thinking is the thinking of an artist who feels the need to see this world, wanting to capture a picture of it with his vision, to organize and arrange it in the form of a visual image.
Associative thinking is linguistic thinking that is associated with the development of human speech, the desire and need to signal to the world about oneself and one's state, to communicate, conveying one's state to others.
Logical thinking stems from a human need for strict order in thoughts and a clear distinction between cause and effect.

At this stage, the concept of time first emerges as a real phenomenon of life, shaping all its processes.
Dialectical-idealistic thinking is the thinking of a preacher who firmly believes in his ideals and values.
This is the thinking of early Greek philosophers such as Socrates and Plato, for whom the "kingdom of the eternal idea" shines.
Dialectical-materialistic thinking is the thinking of a scientist who no longer believes in ideas but tries to compare and test them.
It is the thinking of a practitioner who values only what "works" and what can be used in practical work.
Screenplay thinking is the first time an actor understands the full range of possibilities that life's stage holds.
Screenplay thinking is the thinking of someone who understands life as if they were a director filming it.
“Scenario vision” is the pinnacle, the peak of development of scenario thinking, when a person acquires the ability to “see” the reality around him in space and time.
Based on a general understanding of thinking, one can conclude that "ecological thinking" will vary depending on the development of a person's ability to think.
The most understandable and clear thinking for everyone is logical thinking, which resonates with the term ecology as the "science of the Home." Planet Earth, with all its inhabitants and natural resources, is our common home.
And the quality of life within our home and our shared future will depend on how well we understand it.
Another example of "ecological thinking" is the film "Home" by French director Luc Besson, which surveys the Earth from a bird's-eye view.
We highly recommend watching this film, as it touches on profound environmental issues relevant to our everyday lives.

To sum up, we can give a definition of the term “ecological thinking”.
“Ecological thinking” is thinking whose content includes environmental issues, including those in everyday life.
Ecology, as a science about the relationships between living organisms and their environment, gives us a clear understanding of how small changes in our lifestyle and behavior can influence the living world around us, including us.
We live—we eat, we drink water, and we breathe air—all of these are the foundations for developing our environmental awareness.
If we pollute our environment, our Home, it affects us in the form of illness and suffering.
Therefore, each of us must first and foremost address the issues of life: How can I improve the quality of my food, make the water I drink and the air I breathe cleaner?
How can I help restore nature to its natural purity?
How can I help plants and trees?
How can I help animals and people around me?
When a person begins to take steps in this direction, when “ecological thinking” becomes part of the consciousness of all people, only then will a person be accepted back into the embrace of his native Nature — "Gaia" — our Cosmic Mother.

# On the forms of energy and the ways to understand them

I want to tell you about the forms of energy and how to feel them in your life, and use this knowledge to achieve a higher quality of life and health.
In previous articles I have provided information about the 7 main forms of energy:

1. Crystalline
2. Liquid
3. Gaseous
4. Plasma
5. Light
6. Magnetoplasma
7. Dark

Each of these forms of energy can be perceived by you through your senses and your receptors located inside your body and on its surface.

For example, you may experience a feeling of solidity when you touch a crystalline form of energy because the density of the crystalline form of energy is typically the highest compared to other forms of energy.

You can also read additional information about this form of energy through the action of your receptors and neural networks in your brain, which together represent a receptor analyzer that allows you to recognize additional characteristics of a material or form of energy.

In the case of a hard material, additional characteristics will be relief, smoothness and roughness.

If we move to the liquid form of energy, we'll discover that it has the property of viscosity.

For example, seawater and river water will differ in this parameter—seawater will seem denser, while river water will be more fluid.

At the same time, the presence of drops on the surface of a solid material will be well recognized, since the receptors on the surface of our skin allow us to perceive actually an energy spectrum.

Perception of the energy spectrum allows us to obtain a holistic understanding of the form of energy-matter.

That is, one can imagine the perception of a complex form of energy that consists of a solid material, for example, the surface of a table on which water has been spilled:
1. Crystalline form of energy 99%
2. Liquid form of energy 1% ...
Other forms of energy 0% Accordingly, there are simply complex materials that we can evaluate in this way, but this is an illustration as an example of how a person might perceive the world if he were more like a robot that likes to accurately convey information.
In fact, we can use our speech in this way, and we can, for example, instead of using imprecise designations of colors, talk about them as colors of a pure spectrum using the wavelength parameter: "I see pure green at 555 nanometers.
This color corresponds to the maximum sensitivity of a particular type of retinal receptor in my eyes, which is adapted to distinguishing tones and shades of green to a greater extent, due to the evolution of my species, which took place primarily among green plants." Of course, no one is saying that now, but as our species matures, perhaps we will choose a method of communication that is closer to scientists and the scientific way of understanding reality, because in the future we will have the need to create more complex technologies that are necessary for space expansion, the logic of which is undeniable, just as the process of evolution is undeniable, and therefore we will need a more accurate way of discretizing our sensory data, as well as a scientific way of communication.
But next, I'd like to focus on continuing to understand the energy forms from the list.
You can also consider any other example and find a different energy spectrum within it, because in fact, you can take any hologram from your memory and recall all the energy forms that were present in any particular situation.

and also recall the characteristics of the parameters of these forms of energy.
For example, you might recall a situation where you were in a smoky room.
You might notice that the air in the room is contaminated, meaning it contains some form of gas that interferes with your breathing.
Accordingly, you can also evaluate air quality by how easy it is to breathe.
And this is precisely related to your health.
So, you get the basic idea.
You can simulate different situations and come to the conclusion that to be healthy, you need to find a natural harmony that matches your feelings, when you feel light, good, calm, or joyfully.
That is, it is your task to understand your sensations and feelings, and I am simply pointing out that this is connected with different forms of energy and with your different sensations and feelings, such as the sensation of hardness, moisture, the feeling of the ease of your breathing and the freshness of the air, which we experience through the sense of smell.
This is interesting, but different people, according to the characteristics of their phenotype, may prefer slightly different parameters of energy forms that will create optimal conditions for them to experience a state of calm and satisfaction.
But with the first three forms of energy, everything is simple—all of this is present in your daily life, and we very often care about each of these forms of energy—all of this is inherent in the materialistic culture that we share due to the inertia of the development of science and technology.
We live in an era of materialism to a large extent because In fact, the people who govern us value technology to a greater extent, that is, artificial things created from crude forms of

matter — otherwise we would not dig in the earth, would not send probes to other planets, but would live in a miracle — like elves who need only nature and its magic.
But if we continue to think about forms of energy, then plasma energy is also present in our lives, although we don't perceive it to a large extent because it's less tangible and much less present in the energy spectrum of our world.
We live largely in a world of crystals, liquids, and gases, and our bodies are more attuned to these forms of energy.
But electricians, for example, sometimes feel a plasma charge on themselves.
I'm joking, and of course there's some truth in this joke.
Anyone who has ever experienced a sense of daze or a feeling of electricity in their hair has encountered plasma or electrical energy.
I say electrical because the sensations are more closely related to the distribution of an electronic field.
In fact, the cells of the human body have an electrical plasma nature, because the atoms that make up the intracellular molecules consist of protons and electrons, which have a certain distribution.
In a healthy body, the number of electrons and protons is balanced, and therefore the body possesses a certain neutrality.
Chemists talk about pH—the affinity of the body for protons, or the nuclei of the hydrogen atom.
And this parameter can be felt.
When your body becomes acidic, you feel it as a mild or severe form of despondency, because this is the body's way of telling the mind that it is not feeling well, that something is wrong with it, that it has spent a lot of energy and in the end got nothing, or that it has become ill.
Accordingly, your pH in this case is higher than normal, and this primarily concerns your blood, because the circulatory

system and your blood connect all the main material flows between your cells inside your body.
So how can you change your blood pH so you can feel good? You need to understand what exactly is oxidizing you, what leads to this process?
For example, if you spend time dwelling on some experience from years gone by, when you did something wrong or were treated badly, this increases your pH, because any process of transmitting a nerve impulse requires the expenditure of ATP energy, which you receive through eating and breathing.
When you worry, your energy expenditure increases, and accordingly, the load on your nerve cells, which must work at full capacity to provide you with your experiences, increases.
Therefore, wisdom consists in following the path of the Buddha, namely, accepting the idea of emptiness and rest, and not worrying about the vain past days, because all drachmas are empty.
I'm joking, of course.
In Buddhism, there's no concept of drachma—there's dharma. Dharma means law, a certain truth that must be fulfilled.
But the point is that your brain's software can regulate your state in such a way that you will always be optimal in terms of your energy expenditure and will not fall into a state of despondency, because you will know that you do not have to worry.
This is, in fact, the metaprogrammatic regulation of your nervous system, because Buddhism as a teaching represents a set of dharmas (or truths) that can participate in regulating your behavior, and these dharmas, of course, come from outside, although they are aimed at helping you discover yourself as a source of dharma.
But as we go down the steps of understanding the truth, we can see that we can do something to remove the feeling of

despondency, and the beauty of scientific language is that it allows us to better understand what is wrong with us.
The Buddhist religion reserves the right for science to understand internal processes, although Buddhist monks are often interested in scientific research because They understand that there are ways to unite—to synthesize scientific and religious perspectives.
And that's what I like about Buddhism—it doesn't deny science.
But that's not the point.
The point is that we can understand through science that in order to reduce the oxidation of our body, which is associated with feelings of despondency, we simply need to find the cause of the oxidation and eliminate it, and then restore the proton-electron balance within the body — restore the parameters of our bioplasma.
And here medicine comes in as the best science, which allows us to understand all the subtleties and details of the oxidative process, in case it is something serious related to organic damage to your brain, and in the case of something less serious — psychology, but it also does not provide answers to the question of how to completely ignore the vanity of the past — because in fact, science is more associated with the analysis of information, discrimination and understanding, while religion is associated with the synthesis of information and decision-making.
Here, as a Buddhist, I would say that since I have oxidized and this happened for reasons not related to medicine, because there was no reason why I could get sick, then I can simply use a natural form of energy, which in its essence has the harmony of the elements, namely the fruit of a plant or tree, and which one exactly is up to me to decide.
But I noticed that, for example, oranges are very good at restoring the body after intoxication from poisons that are in

the air, and cucumbers actually make me feel cheerful because they contain the energy of cheerfulness.
Of course, every plant fruit has its own unique properties, which in some cases allow it to bring great benefits, but in reality, they are all sources of the forms of energy we need, because our evolution and the attunement of our organisms and the organisms of plants took tens of millions of years.
And so we have no way to regain our health, our strength and our natural magic except by returning to our natural form of nutrition.
In fact, we can think of it very simply as how plants produce their fruits — they take light from the sun and materials from the air, water and earth and concentrate all these forms of energy in an optimal ratio into the form of a plant fruit, which we have adapted to for tens of millions of years since the asteroid impact that created the Chicculub crater and which marked the extinction of all tyrannosaurs who fed on dead flesh.
It turned out that being in harmony with the plant world and not stealing from other life forms It became more profitable for early mammals and arboreal primates to harvest matter than to behave irrationally and destroy other life forms, as predatory dinosaurs did.
And for people this is still true.
In fact, the most developed people on Earth, who have achieved high levels of intelligence, health and longevity are vegetarians.
For example, Nikola Tesla, thanks to whose work we can now live in warm, brightly lit houses, supplied with a large amount of electrical energy, giving us light and warmth.
Thank you Nikola Tesla for this priceless gift!
So, returning to the list of the main forms of energy, we settled on the plasma form of energy, which, of course, we can feel.

But the peculiarity of our perception is that we can feel it inside through our internal interoreceptors, and we can also feel it outside, with the help of exteroceptors.
And the plasma parameters outside differ from the plasma parameters inside.
Incidentally, the negative aeroions mentioned by Alexander Chizhevsky are an indicator of external plasma, which, in natural conditions, should be closer to the negative pole, because in the external environment, the earth's surface is composed of various forms of metal oxides, which we call minerals, sands, and stones.
It's just that electrons in metals have high mobility, which is why, for example, on the sea coast there is a naturally elevated electron background—negative aeroions, which are formed due to the exchange of electrons between sand and stones and droplets of water formed as sea waves roll onto the earth's surface.
And what is interesting to note is that the parameters of the body's plasma are very close to the parameters of the plasma of sea air ions, because sea salt is part of the cellular fluid — it and forms the biological plasma of the body, and all because living organisms once emerged from sea water...

# The path to a healthier society

In the previous article, I showed you how to detect and recognize with your senses the 4 main forms of energy from the list of 7 main forms of energy:
1. Crystalline
2. Liquid
3. Gaseous
4. Plasma
5. Light
6. Magnetic
7. Dark

Now I will tell you how to discover other forms of energy in your life and how to use this knowledge to improve the quality of your life.
But first I have to show you that in fact the transitions between forms of energy can be very smooth, almost imperceptible, because when we talk about plasma In the form of energy, we usually imagine fire, which radiates heat and light.
And when we bring our hand to the flame, we feel that the closer we bring it, the warmer our sensation in our hand becomes, and then we can feel how the fire burns us and causes a feeling of pain in us, which makes us pull our hand back.
However, pain receptors and heat receptors differ in their chemical structure.
and the ways of transmitting these feelings in the nervous system are different, which means that we are dealing with the property of discreteness of our processes, which, although connected, still differ from each other significantly, so that we can distinguish them.
But if we further begin to analyze the nature of light and thermal forms of energy, then we We will see that the nature of these forms of energy is electromagnetic waves of varying degrees of intensity and at the same time differing in frequency.
Of course, if we clarify, it turns out that the thermal form of energy is still associated with the vibration of atoms within molecules or crystals, or associated with the kinetic energy of atoms or molecules within a substance, but still, as a rule, causing electromagnetic radiation in the infrared range of wavelengths that follow optical radiation electromagnetic spectrum in order of increasing wavelength parameter.
That is, in nature we see smooth transitions between processes, whereas in the human nervous system there are fewer such smooth transitions between parameters for recognizing phenomena, because the brain is structured on the principle of

a computer implementing discrete logic for recognizing phenomena.
Discreteness, that is, the structure of the brain on the principle of a computer with a strict set of parameters and restrictions, is necessary for us to accelerate orientation in a world that has a high degree of complexity and yet, to some extent, also has a discrete property at the level of elementary particles.
For example, our eyes are designed to perceive four discrete energy frequencies, to which the eye's receptors—rods and cones—are tuned.
Your rods are capable of detect ultraviolet light, while your cones can detect the 3 main frequencies of the optical spectrum that we associate with blue, green, and red.
So, when we go beyond the logic of our discrete computing device, that is, stop using only it, we enter the realm of continuous field processes that are associated with superstring matter, which is capable of perceiving energy directly without discretization — that is, seeing radiation directly, feeling them as vibrations of a continuous energy spectrum, which includes all the octaves of the electromagnetic energy field known to us.
And here I mean the human soul, which most likely has a superstring nature, since it is difficult to explain the existence of magnetic field lines without using superstring theory, which allows us to better understand the subtle structure of reality and, in particular, penetrate the mystery of the structure of our soul.
But the electromagnetic energy field, although associated with some of the types of senses known to us, such as the sense of heat, the sense of hearing and sight, still does not allow us to discover the full spectrum of our senses, which also includes the sense of taste, the sense of touch, the sense of smell and orientation in space.
Where are these feelings on the continuous scale of energy frequencies?

And does such a scale exist?
Perhaps the answer can be given by the density parameter, which is partly related to the density parameter of the metric, because the density of the metric characterizes the density of the Higgs boson field, while the density parameter can describe the density of any material.
And here we come to an interesting situation in which we may make a mistake our inexperience, but perhaps it would be beautiful to think that the world consists of a multitude of fluctuating and vibrating particles, which at the smallest level of scale represent superstrings, folded into the forms of multidimensional M-branes, realizing different properties of particles and perceived by us as particles of different nature, while in fact this is simply a deception of our vision, limited by the capabilities of our technology.
That is, in reality there is no space as such and no particles, but only a field of vibrating multidimensional M- branes, which, when perceived, create the illusion of space filled with particles of different properties...
And from here we can see that the density parameter of the metric simply characterizes the properties of dark matter, which can be identified with the spatial form of energy...
And of course, in objects such as black holes, the density of the metric will be the highest, since black holes have the highest energy density due to the processes of gravitational collapse during their formation, which lead to the concentration of all mass parent star in a small volume.
But the properties of black hole matter should of course be closer to the properties of Planck matter, which, according to current scientific calculations, should have existed at the beginning of the Universe before the Big Bang...
And why am I writing to you about this now?
And because you must understand that the nature of all matter is one and in fact different forms of matter are only different

forms of its manifestation, whereas at a deep fundamental level all matter has a single nature.
And most likely, at a deeper fundamental level, we will be able to detect a smooth transition between atomic matter, superstring matter, and Planck matter.
And I think, although this is my strange opinion, which rather relates to physical intuition, rather than to a logically argued point of view that it turns out that we find all these three forms of matter in a person, who on the one hand is presented as a human organism, and on the other hand, one can distinguish in him a soul that lives by feelings, and a mind that has the ability to perceive phenomena and influence their course account of the action of will.
Our body is made of atomic matter.
Our soul is woven from superstring matter.
And the stuff of the mind is Planck matter.
And so we come to another point of view, which integrates our objective knowledge of physics with our subjective ideas about how humans work.
But this was a digression necessary to show you that there is a clear parallel between physics and our subjective impressions, which allows us to perceive ourselves as robots who can strictly analyze their feelings and come to the conclusion that this is more optimal, because this way of knowing integrates in us disparate modules of information that are constantly in conflict with each other due to the peculiarities of the low degree of organization of our consciousness.
That is, this is our future, if we take a strictly physical approach to our feelings and train our ability to distinguish forms of energy and reflect on them, so that later we can better understand how to harmonize them in our system consisting of the body, biofield and our intellect, which in our native Russian language we call body, soul and mind.

But I must continue the thought with which I began this narrative.
Specifically, we can perceive light not only with our body, but also with our soul.
And this also applies to magnetic and dark forms of energy, because in fact, we also perceive them as feelings of density and emptiness, associated with the kinesthetic sensations of matter.
and space.
And as a rule, in a healthy state of the body, there should be no dark energy in your body, because, as the well-known classic of physics Aristotle said, “nature abhors a vacuum.” Dark energy usually appears in the body due to the fact that somewhere in the body there is a process of cell restoration after damage and therefore the cell must use all the energy available to it in the electromagnetic range.
Accordingly, dark energy is more similar to vacuum energy, which is a certain amount of electromagnetic oscillations that are perceived us as light, field.
Accordingly, in a healthy body the amount of dark energy is insignificant, although it should increase with the increase in the load on the body, and so it turns out that its amount is related with the time of day in natural conditions of human life, because at the end of the day entropy Damage accumulates inside human cells due to the fact that a person needs to move, to expend energy on external and internal movements...
Yes, of course, this parameter of the amount of dark energy is also connected with the process of intracellular oxidation and oxidative stress of cells, which are also connected with the pH parameter, which I wrote about in my previous article.
Because in reality, all forms of energy interact within the body for the reason that all parts of the body are connected to each other by a single space and a single time, which, although they represent some abstractions, at the same time they reflect the

property of the integrity of our hologram, which permeates our entire being.
In fact, there is an interesting feature of dark energy that makes it easy to detect, namely, the feeling of emptiness or the absence of any feelings that it generates.
Sometimes people say, "He puffed himself up like a toad," out of self-importance, of course...
Or, "I was devastated"—these are precisely the words that reflect the quality that allows us to say that these are examples of the presence of dark energy in people...
And if we assume that some of our psychological qualities can create similar feelings in us, which are also connected with the parameter of our health, then we must pay close attention to what is written in the sacred scriptures about what we we must strive for something good, bright, that we must be good people...
It is precisely these paths that make us healthy and whole, and not susceptible to the influence of dark energies, which are more associated with some damage to our body or our soul...
Of course, health is created by us from a righteous life.
If we follow the commandments of Christ, Moses, Buddha, Lao Tzu, Muhammad, Confucius, Patanjali, Pythagoras—anyone from the list of people who founded world religions and significantly influenced the course of world thought—then we approach the ideal of physical, mental, and moral health...
It's all quite simple, but you should also feel some fullness within you, which can be associated with the feeling of your inner light and magnetic form of energy...
The feeling “I am” just reflects this quality of fullness...
It's a healthy feeling that's also related to your sense of energization...
Interestingly, people who experience less of a sense of being filled with light and magnetic energy often fall into dreamless sleep without realizing it...

But what’s interesting is that this feeling of fullness grows within you as you find more love for the water element...
Water fills us...
And the same applies to the feeling of light...
The feeling of light grows in us through interaction with external light, the energy of the Sun...
And it turns out that Jesus Christ was right when he said that in order to heal oneself, one must open oneself to the elements—to find a sense of connection with the Earth, water, wind, and the light of the Sun...
And he also said that you become what you eat, and if you eat dead and frozen food, then you become like that, and therefore you lose your health...
And he also said that if you eat the fruits of plants and dried fruits that have absorbed the power of the Sun, then you will have health, because vegetarian food is natural for our species.
It's all very simple.
But we must also remember that Jesus lived in a country with a warm climate.
What will be the special features for people living in countries with cold climates?
Maybe they don't exist?
Perhaps moderation will be our characteristic.
We can simply follow what Jesus Christ said — be vegetarians, and love one another, love God, but we just need more moderation.
Of course, thanks to trade with other countries, we can eat vegetables and fruits both in winter and summer — and this is not a problem.
On the other hand, thanks to our engineers, we can live in warmth even in winter, but of course we will have less contact with the Earth, because for contact with the Earth we need summer.

And then, what does it mean to walk on damp earth if there are worms in damp earth?
Of course, our moderation will tell us that we shouldn't do this. And God forbid we get infected with any worms!
But by maintaining hygiene, we can sometimes allow ourselves to walk barefoot on clean grass grown by ourselves, swim in a clean river, lie on the sand on the bank of a clean river and bask in the rays of our sun...
All this is possible, but in the summer, when our climate approaches the climate of the country where Jesus lived.
And it is in such places that we restore our natural harmony, because our bodies are adapted to the energies of the Earth, water, air, and the Sun—we need clean water, clean air, the warmth and light of the sun's rays, and a clean, soft surface under our feet.
And we must recreate this harmony in our homes.
And so I forgot about the trees and plants – but they, too, are part of this harmony...
Trees give us the best fruits for our food...
Trees...
Perhaps man will become like a tree living for thousands of years if he eats only its fruits?!
The paths of the elves...
Fea...
Water restores your magnetic field, while the energies of heat and light restore your internal heat and light...
And while we cannot follow the paths of the elves, we can discover within ourselves the gift of scientific thinking and penetrate into the essence of the phenomenon of harmony at all levels of our existence in order to find this harmony in our lives in the future.
We cannot do without technology in our northern regions, so we must develop them calmly without disturbing the natural harmony, without destroying the ecology of our planets.

When creating technical means, we must take into account ecology and the full-cycle impact of technology on nature and humans.
We must take into account both gross and subtle forms of energy...
This is the path to improving our society...

# Cleanliness is the key to health. Order comes first.

Hello!
I would like to share with you information about a very important concept...
Entropy.
This concept will allow you to improve many aspects of your life if you accept it.
Entropy is a measure that determines the degree of disorder in processes and it also corresponds to the concept of chaos, as the highest degree of disorganization of anything.
It's very simple, in fact, you can simply associate this concept with the word mess.
And if something goes wrong, not corresponding to some plan, or reference information embedded in the system, then we can talk about a certain degree of entropy of the system.
But why is it so difficult to define this using English words, using physical terms, you ask?
It's all very simple, because the concepts of entropy, information, and energy in general are well suited to describing the state of any physical system from a very general perspective, as well as the state of your body and your biofield.
This allows you to understand yourself more deeply and learn to elevate your system (your body + biofield + consciousness, or Zeta Reticuli, as a hidden component) to higher levels of

development, so you experience less illness, enjoy life more, and share your happiness with others!
So, I said that entropy characterizes the state of any system in general, just like information and energy, so we can play with this and discover that, in general, the entropy of our body is always at a constant level as long as we follow certain rules, which may be less perfect or more perfect in terms of maintaining a lower or higher level of health.
Get it?
So, entropy in the body is largely related to health, because if something in the body is not going well, not in accordance with the ideal state, which should be created through the action of correct information from DNA and the basic settings of the nervous system, taking into account the physical conditions of the external environment, which are also associated with the absorption of energy through the processes of nutrition, breathing, and perception, then this means that something is preventing you from maintaining a low entropy level — and this is either the action of an internal factor of consciousness, or the action of an external factor — poor environmental conditions — not enough energy, heat, light, nutrition, water, air, or insufficient amounts of them.
quality...
So, it's so easy to use this parameter to determine what's wrong. And then take the necessary measures accordingly— that is, change something in your behavior to obtain more energy, heat, light, nutrition, water, air, or improve their quality.
Entropy is the opposite in meaning to the concept of health. The body constantly repairs and rebuilds itself using energy and information in the form of inorganic and organic molecules supplied by air, water, and food, allowing it to maintain a low level of entropy, or disorder, which is associated with higher levels of health.

Now we can look at how we behave towards our body when we allow ourselves, for example, to consume coffee, cigarettes, or alcohol, or any other substances that enter into chemical reactions with the organic substances of our body, not intended for our nutrition — this is how the entropy of our body increases, because coffee, cigarettes, and alcohol are high-entropy substances that increase our entropy level and cause illness in us — clogging our cells with oxides, changing the pH of the blood and leading to the dissolution of cell walls!
It is unacceptable to poison yourself with such poisons!
Incidentally, the energizing response to consuming such substances is due to the body, while still relatively healthy, attempting to flush out these toxins!
The body recognizes coffee, tobacco smoke, and alcohol as poisons, and so it tries to flush them out quickly, turning on the blood filtration system—your kidneys, which secrete adrenaline—to speed up blood flow and eliminate these toxins more quickly!
That's the point!
We're being deceived by marketers and the coffee, tobacco, and alcohol lobbies, offering us poisons we should never consume!
The same goes for pornography, condoms, and sex!
Because having sex and watching pornography causes you to lose semen, which contains your DNA information, which could end up in the trash because you don't realize you're forcing your body to work in vain, wasting your precious semen!
Your semen isn't meant to be thrown away!
You need to take care of it, and you need to understand that sex isn't necessary at all!
We need normal, healthy relationships between a man and a woman, which should be based on mutual respect, love, harmony, and the desire to create life!

That is, if everything happens naturally, then there is no need to use condoms, because this simply leads to a waste of your time, strength and energy.
And it turns out that we can already live as calm and balanced people who are worthy of the title of Homo sapiens — and if two such people meet and decide to create life, then they do it in the most natural way.
And the rest of the time, such people simply admire each other, travel, do things together, create something, give something to the world, do some kind of creativity that is useful both for them and for other people.
Ideally, of course, people should be involved in environmental issues, creating beautiful ecological landscapes, gardens that provide food for people, building eco-friendly houses, and so on.
But some people, for example, are more inclined towards science, and like to accumulate and process information, for example — and this is also good.
Imagine a pair of people who, instead of not understanding each other at all, are able to engage in dialogue with each other about subjects that occupy their minds for a long time.
Such a pair of people, in addition to creating life and making society better, also accelerate each other's development, making each other better, smarter — this accelerates development and brings us all closer to the ideal of Homo sapiens, to which we should all strive.
So you see that the entropy parameter is very important, this parameter characterizes the quality of our behavior and what we consume, and in fact a lot What people create today is of very, very poor quality.
And that's because they have a poor understanding of entropy.
And the only proper diet for humans is vegetarian.
This is because the entropy parameter in a vegetarian diet is negative.

To understand this, you must imagine negative entropy as information or energy that corresponds to your information energy, meaning it is harmonious for you.
It's simple.
Humans descend from tropical arboreal primates that are well adapted to eating tree fruits.
That's why humans have a long intestine, but a shorter one than herbivores, because tree fruits are easier to digest and contain more energy.
And that's why humans have a hand that's perfect for picking fruit from a tree, and also have developed color vision to distinguish which fruit is ripe and which is not.
It's simple.
We need to understand this: we are not predators.
And by feeding on dead flesh, humans degenerate to the level of Ice Age Neanderthals—their intelligence declines, they become as dumb as a brick—a biorobot that can only move boxes.
A very clever occupation.
But still, it's time to get smarter!
Hey!
The Ice Age is over!
The glacier melted long ago!
Time to wake up and come back to life!
And so we must quickly disseminate all of this throughout society, and quickly go to agricultural universities, farms and apiaries to gain information on agricultural technologies and experience in creating groves of fruit trees, grape and flower fields — to finally liven up our gloomy assortment, in which the majority of products are meat and beer!
Are you kidding me!
How can it be that most of the shelves in a store are filled with dead meat and alcoholic poisons?
This is entropy!

Complete and utter chaos!
All kiosks—meat stalls, beer stalls, tobacco shops, and hookah bars—must be closed immediately!
These are unworthy places for human beings!
We need our store shelves to be stocked with only high-quality fruits and vegetables, grains and legumes, cereals, honey, nuts, bread, mineral waters—everything that nature creates for people!
And this list could certainly include farm milk, cottage cheese, and eggs—as long as we can be sure that the people who produce them truly treat cows, goats, and chickens as sacred animals!
This is important!
Animals should feel very good because they are living beings!
They should be loved as our smaller brothers!
And not killed!
And this is the path to achieving a higher degree of order in our lives!
This is the path to greater the moral and physical health of our society and our people.
It's boring, but I repeat these ideas many times so that they become more ingrained in your mind.
clear.
In general, we can sum it up and say that you need to increase your awareness levels, Read more, study more subjects of physics, psychology, biology, ethology, physiology, neurophysiology, the theory of evolution, in order to understand what is part of your natural harmony and what is not, and what brings you closer to a higher level of your development, intelligence, consciousness, and what can move you away from this ideal.
And moreover, you must study religion in order to understand the higher principles that are connected with ethics, with the

rules of conduct in society that allow us all to live in peace and harmony with each other.
Because these rules are a way to reduce social and internal entropy, because the person who has information is less susceptible to the danger of falling into a state of high entropy associated with illness and death.
The information accumulated in our society will ultimately lead us to the ability to overcome our mortality.
Therefore, we need to communicate more with each other and share vital information!
Information is the antidote to entropy.
Energy is our everything!
p.s.
Oh, and don't forget about basic order in your home!
It's all part of the fight against entropy!

# About space civilizations

The Zeta Reticulans are a race of humanoid beings with highly developed gravitational and electromagnetic technology who arrived on Earth from the Zeta Reticuli star system.
Approximately 65 million years ago, they participated in the rescue of the Reptilians who inhabited Earth before the asteroid impact that formed the Chicxulub crater.
They claim to have facilitated the progress of this civilization, which led the Reptilians to develop into an independent spacefaring civilization.
Currently, the Zeta Reticulans participate in the governance of human civilization as the Hierarchically Higher Encompassing Authority (HSEEA).
They protect Earth from asteroid threats and oversee technological development, particularly the development of computer technology and military equipment neutral toward Earthlings and capable of intellectual dialogue, but they may experiment on people who do not adhere to a moral code, as

they themselves have a strict code of conduct for each other and for life.
Generally, they possess a strong-willed, military nature—the nature of warriors.
However, they adhere to a strictly vegetarian diet.
The Reptilians are a very ancient terrestrial race of humanoid beings who entered the space stage of their evolution approximately 15 million years ago.
They developed space technologies thanks to the progression of the Zeta Reticulans.
While the Reptilians managed to colonize nearby star systems, their metabolic peculiarities meant they developed significantly more slowly than our civilization—they are cold-blooded, and therefore their development was heavily dependent on solar and thermal energy.
The Reptilians descend from ancient reptiles who, by the time of the asteroid impact 65 million years ago, had already developed primary humanoid traits—the ability to walk upright and developed, free limbs capable of manipulating objects.
They may have originated from reptiles similar to the Archaeopteryx and iguanas.
Currently, the Reptilians dominate the vicinity of nearby star systems, and information about them is highly classified.
It is known that the Reptilians possess more advanced psi-technology, and therefore they currently dominate the development of Earth's civilization, controlling the logic and course of human historical development.
Reptilian ethics differ from those of our type of civilization, but they, like any intelligent civilization, are capable of revising their views.
Reptilians are believed to be divided into two subclasses of beings: workers and priests.
The Pleiadians are the third intelligent civilization on Earth, existing in the etheric field.

They perform a progressive scientific research function, developing medical and other technologies.
They possess highly advanced etheric technologies (not warlike, but intellectual, but have a distinct ethic.)
Like other civilizations, the Pleiadians They leave messages through works of art—music, films, games, events, synchronicities, or direct connections through biofield communication channels (very secretive, perhaps even more so than the Reptilians).
They dislike communicating with individuals of low intelligence and prefer visual communication.
Water is one of the core values of this civilization, as is the sky, as the colors of these energies reflect the colors of their home stars.
The Pleiadians arrived on Earth several thousand years ago with the goal of aiding humanity's spiritual progress.
Angels are highly evolved beings, connected to the Sun and the Sun God of the Central Existence—the quasar Sagittarius A at the center of the Milky Way.
Humanity is believed to have descended from the angel Immanuel, who was sent by the Sun God of the Central Existence to spiritualize the ancestors of humans.
They possess ethereal bodies, but they also possess great informational and creative potential, reflecting the quality of God's omniscience.
Angels perform a harmonizing, creative, and governing role in the Cosmos to fulfill the Creator's plan.
Angels utilize nanite communication channels—magnetic, light-optical, and radio waves—that permeate the entire Galaxy.
In the Hierarchy of Control, angels are above all civilizations in the Cosmos and subordinate to the one God of the Galactic Center.

The Central Sun of Existence — Quasar Sagittarius A — a quasi-stellar object in the center Milky Way galaxy.
Presumably, a Greater Super Intelligence is hidden within it—an intelligence of vast scales and dimensions that controls the movement of stars, the formation of stellar and planetary systems, and the creation and development of life on planetary worlds.
The Sun God of the Central Existence is the God who created life on Earth and participated in its development over many millions of years thanks to his angels.
It is possible that the idea for the primordial cell program, with which life on Earth began, was intelligently created by the Sun God of the Central Existence and transmitted to Earth by the angels he sent, as reflected in the Holy Scripture: "And the spirit moved upon the face of the earth." with water..." The Sun is our home star, the source of life on planet Earth.
It governs the climate and energy processes of Earth.
The development of life forms and civilizations on Earth depends on the Sun.
The legends of the Sons of the Sun, described in the book "The Seven Great Mysteries of the Cosmos," who created life on Earth, have a basis in reality—they are angels.
Nanites are a classified space technology described in the stories of Isaac Asimov.
Addition.
Due to the complexity of the material processes of creation, maintenance and development of life In the Cosmos, angels and God must possess the greatest intellectual potential, and therefore mathematics is an approach to God, as it allows us to concisely grasp and convey complex ideas necessary for the rapid and precise regulation and management of complex life processes.
From this, we conclude that the Logos, expressed in the precise mathematical laws of physics and other natural sciences, is not

simply a dead word, but the word of the Living God, who creates based on the principle of Reason.

# M-theory

If we consider the modern 11-dimensional theory, it can rather be described as a set of 11 dimensions, characterized by internal coherence and combining perceptual, physical and informational parts:
1) dimensions of space S, described by coordinates.
(x, y, z)
2) time dimensions T, described by coordinates.
(a, b, c):
a — physical time
b — time of probability
c — information time
3) measurements of the perception of matter M and energy E, described by the parameters [r, (I, v), (A, l)]:
r — density
I, v — the intensity and wavelength of light
A, l — the amplitudes and frequencies of sound
In total, the system state vector is described by 11 parameters grouped by time (T), space (S), matter (M), energy (E) components.
This is not an exact classification, it takes into account only the basic set of parameters of space, time, matter and energy, but at the same time it may not correspond to the current 11-dimensional model of string theory, which is presented to us as some ultimate physical theory that explains Everything!
Moreover, this is just one of the possible discretizations in which one can capture the transition between the density of matter r and high-frequency sound vibrations v or between physical time a and space-time fluctuations of energy E, because Everything is connected to Everything by mathematical, geometric, and physical laws.

It is also interesting to note that taste and Smell, as physically real signals from the external world, must somehow penetrate and reflect on the state of our inner world, which is perhaps best described by either superdense Planck matter or singular matter, or a similar high-density substance with the property of reflecting external physical reality like a hologram.
Other sampling systems can be constructed, but the key remains how well they will reflect the real world and how practical and useful they will be for the development of life-improving technologies.
p.s.
In this post, I've described only one possible discretization. And of course, there's no obvious connection with modern string theory, which is also called M-theory and includes 11 physical dimensions.
This connection is largely coincidental.
and at the same time not random, because I was simply thinking about whether it is possible to fully describe my feelings using only 11 dimensions?
And as it turned out, It can be done if you possess even a modicum of physical intuition, which is so often talked about by experienced university professors.
However, one can see a peculiarity here—this discretization of our senses, which divides the one and indivisible The beauty of the reality of 11 sensory-perceivable dimensions is that it does this strictly physically — because the senses of smell and taste are not in themselves purely physical senses — and this is for the reason that they rather describe the chemical features of the structure of matter at the molecular level, while the senses of density, intensity, amplitude and frequency of sound and light vibrations fully reflect the sensory reality that we sincerely experience, which is directly connected with the phenomenon of the "Observer", well known in quantum physics.

Thus, the 11-theory is a fine discretization designed to show you that everything you experience is physical reality.
And all the other dimensions associated with the presence of quantum biosensors within a person are merely details that supplement the dimensions we know with additional ranges of space, time, matter, and energy!
As for a possible connection with modern string theory—hypothetically, all of this is possible!
And perhaps vibronic or singular matter is structured in such a way that the vibrations within a vibronic crystal, described by the 11 dimensions listed above, are linked to the direct form of vibration that we experience as sensations of space, time, matter, and energy!
This is 11th dimensional Magic!
P.P.S.
It's funny, but if you swap the space and time vectors in the state vector, and add the magical feeling of "I am" to the list of generalized dimensions, you get a wonderful statement!
So, it’s very strange but TSME abbreviations similar sentence “It’s me” — we all are consist of Time-Space-Mater-Energy substance – it’s our hologram division understanding – it’s magic!
We can not divide our “I” existance from Time-Space-Mater-Energy hologram substances! This is the quantum magic of the mind! We are holograms in the hologram of the Universe!
And also you can see that message r,I,v,A,l very seems to be Arival… The A symbol at first of human civilization… The Big Pyramid and the beginning of Math…

# Potential field of communication

Quantum technologies of the future suggest the possibility of manipulating the potential field of information, which may contain a common memory of signals and A network through which people can extract information at high speed, while

simultaneously being able to interact with other consciousnesses.
Just as neurons connected in a neural network produce a shared information field of consciousness, multiple brains connected in a radio network can produce the phenomenon of shared consciousness, which in its unmanifested form can be called a potential communication field.
This is the future of quantum technologies and the development of a planetary information field, which we call the noosphere.
But how should this be understood?
And how should it be applied?
It's simple.
In fact, we have some degree of connectivity with other consciousnesses, which can determine the context of our thoughts and dictate the logic of our behavior in the presence of a specific person or group of people.
This is the simplest example of the presence of a potential communication field, but without any explicit implementation in the form of a radio network or direct communication between consciousnesses.
That is, if you are in the presence of a particular person or group of people who may be significant to you because you are connected to them by certain circumstances — such as the need to work together, or the need Whether you take their opinion into account, or you simply feel emotionally affected by their behavior or experience an emotional reaction to their actions, or perhaps even experience emotions in their presence—this indicates the presence of a potential field of communication that is limited by the possibilities of combining information modules and reactions in the “you and other people” system.
It is important to understand this, but you also need to take into account that you have a greater degree of moral choice in the context of the situation — that is, you can choose those people

who suit you in terms of morality and intelligence, because your presence in a group with low-developed individuals who allow swearing, violence against people, and so on — may not be desirable for your development if you do not have sufficient willpower or desire to manage such a group.
The point is that you can maximize the benefits of communication by understanding that being among people with a higher level of intelligence allows you to receive much more information from them, which, when combined with your own information, will have a greater creative effect on the development of human civilization.
This is the basis.
The unification of people based on a higher level of morality and intellect.
And this holds great potential for real and positive changes in people's lives.
But more than that, there's a hidden side to this issue.
The fact is, we emit radio signals.
Our biofields emit radio signals that can also pick up the biofields of other living beings that might be in our presence.
Therefore, You should also take into account that if you think poorly, if there are a lot of informational toxins and informational garbage inside you, if you watch low-information horror films, pornography, listen to thrash metal, read the yellow press, black literature and idiotic jokes, or if you do not observe the mental hygiene of your feelings, allowing yourself to constantly experience pain, lust, anger, fear, idiotic laughter and other negative and pseudo-positive high-entropy feelings, if you also do not observe physical and biological cleanliness — you poison yourself with the toxins of alcohol, tobacco, coffee, drugs, or eating or even touching with your attention dead flesh — meat, fish, and other evidence of human violence against natural beings — you will thereby attract low-developed spirits from the ether surrounding you —

the electromagnetic environment that permeates everything around you and is inhabited by various creatures.
This is very dangerous!
Because low-level spirits drive people crazy, and they can drive you crazy, causing you to decline in intellectual development.
But what's worse, it can turn your life into a swamp where you experience the same negative experiences, emotions, and thoughts every day.
This can become your hell!
And it will also repel highly developed spirits who love intellectual, pure, and highly moral communication and who are capable of helping you ascend in your intellectual and spiritual development!
So you simply need to understand that you need to learn to regulate yourself, learn to manage your emotions, learn to control your thoughts.
And then you will be able to learn to create a higher-quality spiritual atmosphere around you for creativity, development, and the benefit of all people and living beings, and to bring healing to the noosphere of our entire planet—Gaia.
The most important thing to remember is that you must nourish yourself with the purest physical, biological, emotional, intellectual, and highly moral food, in accordance with the Creator's plan—God.
Therefore, surround yourself with nature, the sounds of nature, the songs of nature, the elements of nature, fresh air, clean water, pure vegetarian food, good and kind people, classical music, good books by the most intelligent of Earthlings—geniuses of science, religion, and mathematics —think, reflect on life's questions, seek wisdom, peace, and goodness, and work to create good for others!
And then you will cultivate within yourself a personality worthy of communicating with highly developed people!
You will bring benefit and healing to the people of the Earth!

And as for the potential field of communication, you will understand this when you are ready — when you learn to distinguish in yourself your thoughts that come from your source of wisdom, and thoughts that come to you from outside and are caused by the influence of others people, beings, who are in your field.
Practicing yoga in observing and exploring your thoughts will allow you to develop this quality.
And when you develop this in yourself With this quality, you will be able to fully learn to manage the context of your thinking in order to be able to protect yourself from the winds of alien and unnecessary, evil and bad thoughts of other people and beings, and to create a creative spiritual atmosphere in order to direct the ship of your Wisdom to the land of your Dreams!
Feed yourself only with clean food!
And think!
Think!

# Trust parameter

Societies with low levels of trust develop slowly due to limitations in the transmission and reception of matter-information between social elements.
Therefore, it is necessary to understand how to regulate this parameter.
The level of trust is determined by many factors, and these need to be studied.
Among these, climatic, ecological, ethological, biological, architectural, technological, and religious factors are the most important.
But even if this factor is increased without the correct program crystallizing the structure of society, trust can be an obstacle to the development of a highly intellectual and highly moral society.

Therefore, trust can be increased more quickly in an already well-established society with a unified religion and technologies that mitigate animalistic behavior.
And most likely, this parameter in this case does not need to be regulated.
Because, in fact, the establishment of a unified religion and technology that takes into account favorable conditions for human life in a technological environment already exists.
a way to increase people's trust in each other.

# Third signal system

Within the body and within the cells, there is a third signaling system that expands and complements the first two signaling systems described in the works of the renowned physiologist Ivan Pavlov.
This is the transmission of instantaneous information about the state of cells and the body via radio frequency through an electromagnetic field.
Cells thus tune each other to High-speed interaction through the electromagnetic environment.
Perhaps this is how bioemotional information about the state of the body and cellular system is transmitted—health, joy, stress—all of which, from a physical perspective, could be radio waves of various frequencies and energy patterns.
Perhaps it is the cell nucleus that controls this radiation, thus representing a bioelectromagnetic device that controls cellular processes depending on environmental conditions.
taking into account electromagnetic signals from other cells.
And this may be the key to morphogenesis—the construction of an organism in three-dimensional space according to a DNA program with a linear one-dimensional structure.
Understanding morphogenesis is currently limited to research on processes primarily related to matter, while the field component of energy is not taken into account.

There are some studies Dedicated to mitotic radio wave radiation, these studies are not widespread.
This field-based, electromagnetic form of energy is practically ignored in modern science when explaining the process of morphogenesis.
Yet this is extremely intriguing: how does a three-dimensional organism with trillions of cells precisely oriented according to a certain plan emerge from the one-dimensional DNA code and the first cell?
How is it possible for cells to accurately determine how to reproduce and differentiate, and navigate in three-dimensional space, to build such an ordered system with trillions of cells?
* There are approximately 30 trillion cells in the adult human body.
A trillion is 10 to the 12th power, or 1 million million, or 10,000 billion.
The human brain consists of approximately 170.7 billion cells, of which 86.1 billion are neurons—the brain's computational units—and 84.6 billion are neuroglia—the cells that support neurons.
Of these, 16 billion are neurons of the cerebral cortex—the cells responsible for the formation of human consciousness, with all its abilities to process and generate information—these are the most important cells in the brain, and they are the ones that Determine how well we can remember, understand, reproduce, process, and generate information.
Thus, no more than 0.05% of the total number of cells in the body are involved in conscious information processing.
Whereas, taking into account the subconscious, this number will not reach more than 0.3% of the total number of cells.
This is less than one percent of the total number of cells in the body.
And what does this mean?
That we must take care of our neurons.

Because they are very vulnerable to stress factors.
And you can't work under strain — because this is exhausting work — you need to take care of your neurons.
And for the same reason, you can't drink alcohol, poison yourself with the poisons of alcohol, tobacco, toxins of coffee and tea, and you can't consume sugar in large quantities — as all this leads to chemical stress in the body.
But more than that, you can't there are many other things that can damage your nervous system, since it also depends on from signal factors—information.
And I'm writing to you about this, realizing that we're not only ignoring the information from the first two signal systems that Ivan reported on Pavlov, but also about a third signaling system, which no one has yet reported on and which is associated with the electromagnetic field.
Therefore, we must also consider electromagnetic safety, which means we must somehow come to an understanding of Feng Shui and Qigong and apply them in life, because they also take into account the electromagnetic factor.
That is, we must maintain and create high-quality cleanliness around ourselves, which includes chemical, informational, and radiation components.
But radiation cleanliness should not simply be a means of protection from radiation; it should also include an aspect of the quality of our bioemotional energy; that is, we must understand ourselves and our emotions and not allow them to deteriorate.
There are negative energies in our biofield.
And so, we simply need to learn to cleanse ourselves and attune ourselves to higher levels of health, which include subtle aspects of energy, namely, the absence of not only chemical damage within the cells of our body, but also damage to our memory, which we must learn to heal.

And it's very good if anyone knows about memory reconsolidation—we must learn to apply this information to be able to heal and correct the mistakes of our past—the negative experiences we have received in life.
But it is precisely we who can heal them Using a reflection strategy—because if we reflect on our mistakes, we can find a solution that will allow us to avoid making the same mistakes in the future.
That is, we can't avoid negative experiences; we need to process them so that we ultimately achieve peace and gain information about how we can act correctly in the future.
Therefore, we need Meditation, Yoga, Qigong, and Feng Shui so that we can organize cleanliness and order on the more subtle levels of reality, connected to our memory, emotions, and bioenergy.
But we also need Hygiene so that we can understand how to organize cleanliness and order on the material level.
Therefore, we must study all this and think about it constantly in order to reduce the levels of entropy in our world—because all troubles arise from a lack of order and correct information.
And that is why we also need Religion, because it is like a DNA code — it crystallizes and organizes the life of society, so that we all begin to live as if in one organism — in a very orderly manner, according to the correct information—with meaning, idea, and purpose.
We also need Law, of course, but also other disciplines, which we collectively call Science—all of these are also modules of information that are needed to structure the life of society.
But we need everything.
It's about improving, constantly thinking about it, expanding your knowledge to achieve a higher, more moral, and more ecological way of life.
Because right now, we're living in a very bad state.
We need to fix everything.

Thus, the third signal system, associated with the direct transmission of information by cell nuclei via an electromagnetic field, can ensure high-speed synchronization of cellular processes within the body's system.
This may also allow for a deep and instantaneous connection between the body and the subject of perception, the "I am," through the instantaneous transmission of information into the quantum hologram located in the biofield.
This enables synchronization of the body and the perceiving unit of consciousness, the "I." "I am." There are scientific papers on mitotic radiation, as well as data from Gariaev's group and physicist Poponin.
The biofield element remains poorly understood in science. Data on biofield research is sparse and not widely available. Some biofield studies have been conducted by scientists Kholodov and Kirlian, but they are very inaccurate. anthropological studies of shamanic practices, which are well described in the books and works of Castaneda.
Perhaps the same principle underlies the process of energy exchange through an electromagnetic field.
That is, the nucleus doesn't simply receive information, but processes it and can send energy waves to other cells for healing.
The cell nucleus can generate guiding energy flows—energy highways along which the cytoskeleton grows, organelles and proteins are oriented—perhaps this way the organelles and proteins within the cell can orient themselves so that the cell can function as a unified whole.
And perhaps maybe this is how cells “recognize” their type of differentiation* — in depending on the electromagnetic radiation of other cells, cells can learn what they should become in the future in order to create a whole organism.
* Cell differentiation is the process of transformation of pluripotent cells, that is, The transformation of general-purpose

cells into specific, specialized cells that perform specific functions.
For example, the transformation of cells into neurons during the development of the human nervous system, etc.
Perhaps this is the main clue to the mysterious process of morphogenesis.
In mentioning Pavlov's first two signaling systems, which are associated with the transmission of visual and verbal information, I also wanted to convey that the human body has chemical signaling pathways that are truly important, as they are linked to the hormonal and neurotransmitter regulatory systems.
This signaling system can be called the zero signaling system, as it evolutionarily precedes the signaling systems associated with the brain described by Pavlov.
As for the third signaling system, perhaps it precedes the zero signaling system in terms of the process of intelligent creation of life in the Cosmos, but it has not yet been revealed in the human body because we live in conditions of extreme materialism, which simply prevents scientists and people from conducting in-depth studies of their biofield.
And perhaps one day we will come to the understanding that the human soul can be revealed through understanding and applying the rules of higher levels of ethics.
And perhaps then the true nature of the human soul—the biofield—will be revealed to us.

# On the quality of communication and the development of the noosphere

We need to view the world from the perspective of wave-particle duality, which is incorrectly understood by theoretical

physicists as a mixture of wave and corpuscular properties of objects at the quantum level.
Conventionally, the world of matter can be divided into matter and field, but any object can be viewed as having a highly concentrated part—matter—and a low-concentration part—field, although there is no boundary between the forms of matter at a certain level on small scales.
But the point is that any matter possesses a certain spectrum of field vibration.
And this must be taken into account as the main factor in tuning internal resonances for improvement.
communications.
Here are the 7 basic forms of matter or states of matter:
1. Quantum vacuum
2. Magnetoplasma or gluon field
3. Light-matter
4. Electro-plasma
5. Gas
6. Liquid
7. Crystalline matter
This is a very simple division and it is not very precise, but it allows us to introduce the parameter of the density of the metric, allowing us to consider objects from the position of a single quantum field that has a set of additional parameters, but still represents a single field of Reason, which focuses itself, generating fluctuations that change the parameters and density of the metric, thus generating various forms inside multidimensional multiparametric space.
But the essence lies precisely in how a person attunes themselves to communication with the minds of multiple beings with different frequency characteristics.
A person who does not adhere to the fundamentals of morality typically damages their biocrystal—their organism, composed of matter—generating an unnatural and inharmonious, high-

entropic lump of energy that attracts, to a greater extent, similarly damaged people and beings, unprepared for high-quality communication, which can ultimately lead to even greater damage, increasing overall entropy.
This must be avoided, understanding that it is necessary to develop based on the ethical rules of Religion and Yoga.
The rules of Religion and Yoga lead to reducing entropy and increasing the energy potential of society and individuals, creating the preconditions for the development of the wave properties of matter and the creation of a high-quality low-entropy and intellectual state of the noosphere and our society.

# Homo Sapiere

The properties of a subject as an element in a communication system within a specific communication environment—which, if the subject is a human, also possesses its own unique properties—are encoded in DNA and their phenotype, as well as in the structure of their central nervous system and individual memory.
During communication, communicants exchange parameters or modules of information, which they transmit to and retrieve from the environment.
From a physical perspective, these signals are based on flows of energy, matter, substance, and information.
The DNA structure contains an optimization code that adapts life forms to the conditions of planet Earth—these are the properties of the environment.
The properties of the environment depend on time as a flow of transformations transmitted from areas of high metric density to low dimensions—small scales.
In this way, information is transmitted from centers of high metric density, such as the Galactic Center, to areas of low metric density, such as planetary worlds.

This is expressed as the universal law of attraction, in which possible exceptions can be discerned, the hand of the Creator creating worlds.
And at the same time orderliness The planetary world can also be translated as the law of electromagnetism, behind which people generally do not see the spirit of God, uniting small parts into a single whole and creating intelligent life forms.
There is a great secret in where the first souls come from, how matter is inspired.
Possessing intelligence and attunement to the planetary body and luminaries, a person can, through knowledge of matter and the field, control their development and their life—understanding that the matter and field they receive, and the matter and field they emit, can lead them either toward developing harmony and attunement to the "music" of God's existence, or toward divergence from this path.
Therefore, a person must seek a greater understanding of the purpose of life and how to fulfill it.
God created living beings, including humans, to create beauty, a miracle that would bring him joy, and his purpose was for our world to be an earthly Paradise.
The vibrational frequency is harmonious if a person considers the ideal parameters of their body, taking into account all seven forms of energy and their harmonious distribution within the body.
A deficiency or excess of any given form of energy leads to a disruption of the properties of bioemotional radiation, but this is only part of the understanding.
The other part is related to considering the bioemotional and informational state of the human system within a complex biosocial environment and the presence of elements endowed with the body, biofield, and mind, each possessing its own states and patterns of interaction.

If you drink a lot of water, look at a fire, warm yourself with it or bask in the sun, breathe fresh and clean mountain air, the vibration frequency increases, and bioenergy is purified — the soul becomes bright and active.
But you can’t poison yourself with smoke from a fire, since any poisoning, even informational, lowers the vibration frequency.
But if we take into account light and darkness, warmth and calm, and contemplation, they give strength and control.
Understanding food strengthens the crystal.
But we also need to take into account the information that circulates between a person and the world, because it is information that primarily organizes communication.
You should only consume natural and low-entropy food and information.
You can't watch pornography, because it tunes you into demonic frequencies.
You can't radiate lust, malice, deceit, or speak with those who belong to evil and are associated with death.
It's better to seek out natural images, attuning yourself to the frequencies of the Sun, water, fire, and tree.
The cortical homunculus is a moron because it's an expression of the long-standing human will to stare and experience sensual pleasures, which correspond to the development of Homo Erectus, but not Homo Sapiens.
The fundamental thirst of Homo sapiens, or rather Homo knowledgeable (since the word "sapiens" comes from the Latin "sapiere"—to know), is the thirst for knowledge.
And we should strive for knowledge, not sensual pleasures.
We must understand and explore our world.
But more than that, we must strive to become Homo sapiens.
and therefore we must not only strive for knowledge and understanding, but we must learn to correct our mistakes and constantly improve ourselves, help each other, to realize the

moral ideal of man on Earth — to be a gardener in the Garden of Eden — to care for life and protect life on Earth.

# Recrystallization and singularity

Recrystallization is a method of creating crystals from a vacuum based on an understanding of the process the reverse process of annihilation, when a wave packet acting on a quantum vacuum causes a resonant response in it and a crystal of matter materializes from the vacuum, But is it possible? Yes, it is possible, but more likely in the case of elementary particles and atoms.
They say that on one of the planets this technology has been implemented with the help of beam EMs.
instruments are used to clean and restore the structure of damaged organisms at the atomic level, but this requires very precise, complex and expensive equipment, which constantly scans the current position of atoms and creates destructive and recrystallizing rays at the right points and at the same time takes into account DNA as information and structure for the restoration of body cells.
One way or another, this topic was touched upon by Neil Blokamp, Nikolai Fedorov, and Pythagoras:
1. The film "Elysium — Paradise not on Earth".
2. The book "Anthology of Fyodor Nikolai Fyodorovich".
3. The books “Lessons of Pythagoras” and “The Mystery of Pythagoras”.
Singularity is an interesting state of matter, but when perceiving the external world, we experience not a singular state, but a fractal state, which is associated with objects external world, but there is no external world, just like there is no internal world — there is simply a different density of metrics — subjective space simply has a higher density of metrics associated with the peculiarities of light propagation: light from the outside is absorbed by an object with more high

density metric and is closed in the flask like a firefly and oscillations of this light, the glow and flickering we call the light of awareness, and perhaps it is this Light determines the feeling of consciousness "I am." Time is an illusion generated by the transformation of energy unevenly distributed throughout space.
Stresses in the crystal of space are transformed into flows of matter and energy, which we perceive as fluctuations in the density of the metric.
Reason is the source of time.

# Blue Ray

People do very wrong things with their children when they raise them near themselves if they They emit lustful vibrations. Children absorb their lustful radiation, and their intellectual development is delayed because the brain requires blue or white.
radiation, and they emit red light, and that can't be done.
Parents need to avoid fornication, and the relationship needs to be intellectual and pure.
There shouldn't be sex, because sex can lead to people become unbridled, their energy decreases, they become weak in their minds and lustful, and they don't understand much later.
And there shouldn't be any blah-blah-blah and swooning in upbringing.
A child needs to be given more contemplation of living nature than dead textual information and stupid thoughts.
Because text and signs are all blackness and emptiness for the brain, and if a child doesn't have living images of nature in his head, then it turns out he's like a blind and deaf person—he doesn't see or hear nature's music, and is locked in the halls of parental delusions, social fornication, the black magic of devilish symbols, and darkness.
forest created by devils and demons.

But that's the worst-case scenario.
And in the best case—if a child does well in school and parents explain to them in nature the meaning and significance of the sciences they study at school—the child learns from the best people and space civilizations who know a lot about the structure of the world, the structure of the Cosmos, technologies that improve life, and how to accelerate development, to use the brain as a mathematical neurocomputer, because our Galaxy, on the one hand, is a miracle of multiple worlds and cosmic life forms, and on the other On the other hand, it's a Mind that is vast and Enormous! And incomprehensible!
Because the scale of information and possible combinations at the galactic level is far greater than the human mind can comprehend.

# Neuroethics and ethical resonance

It's possible that God created humans with built-in ethical programs linked to our bio-senses and perceptions, and therefore when we do something unethical, our intelligence declines and development slows.
There are many hidden and interesting things in DNA and neuroprograms, but they need to be studied.
Neuroethics is a new field in research.
Art and books can attune a person to the ideas of ethics and salvation.
This is the meaning of true art—to attune the human soul to right actions, defining the context of an ethical civilization.
And children are most receptive to this.

# Stable diffusion, ChatGPT-fornication, logic and mind

Standard logic assumes 16 possible statements* regarding two events A and B, if they can happen simultaneously or not simultaneously.
At the same time, moving beyond this model into the realm of non-logic allows a person to live and enjoy life as creativity, as art.
And perhaps it is better to use this way of thinking for life, rather than constantly pronouncing all possible scenarios, wasting one's time.
But in science, one must think precisely.
Science should be based on logic, while art can go beyond it, or perhaps logic should enrich art, and art should enrich science?
They say that the gods consider man to be their heel.
I must write about the fact that it is necessary to save people, to explain this truth to people, that We must understand not harm but salvation.
And other rules of yoga and religion must be explained in detail and logically, because now people cannot live without text, without words that give clarity to their thoughts and actions.
And to save, we must teach and yourself to this.
You need to play negative situations over in your head and imagine how you save them.
And the same applies to all the other rules of yoga, which should be accepted by people as maxims.
A function that connects all possible combinations of states A and B is called a complete logic function.
This function allows for the logical consideration of any system with a limited set of states.
At the same time, it limits human thinking to a strict analysis of options.

At the same time, it allows for a better crystallization of human consciousness, making it clear, precise, and pure when the fundamental laws of logic—the law of sufficient reason and the law of identity—are observed.
Words can be in In this sense, they provide a better description of the branching of logical options, but going beyond the function of full logic is possible if we use the logical metafunction of transcendence — that is, a transition to another system of options or another discretization.
The full logic function allows one to consider all possible states of statements, but the number of states grows proportionally to 2 to the power of 2 to the power of n from the number of statements taken into account, so it is really suitable in most degrees for science, and art can go beyond the full analysis of options — this is the strength and weakness of art, because art is primary in relation to logic, since we are not soulless machines and initially rationally consider and perceive the world through images, but still we often tend to limit ourselves to considering a small number of options due to the complexity of considering the picture of the world we perceive with with the help of our senses.
The function of complete logic may be realized in the form of individual adaptive neurons in the brain, but research is needed.
In any case, we have some logical process that can implement this function.
But if such neurons existed, they would, on the one hand, allow for the recording and calculation of very precise models of processes and phenomena, but they would also impact the stability of the neural system, because the number of states increases very quickly.
The full logic function allows for better understanding and negotiation with people because it's a good tool for dialogue.

However, people often don't use the full logic function, relying instead on stable diffusion and chatGPT algorithms.
In other words, they simply generate random information based on their experiences—visual, textual, or auditory.
Therefore, they often don't adhere to the logic that existed yesterday, a minute, or a second ago.
This needs to be understood and accepted.
There are only two types of thinking: logical and non-logical.
Rational thinking, as it were, generalizes logical thinking by supplementing it with rational numbers.
The brain has frequency encoding of information, so a person, like an artist or creator, can create statements at a higher level in the form of fields of rational numbers or their sequences—these are our ideas and dreams.
But from the perspective of modern computer science, all of this can simply be called stable diffusion algorithms—that is, a simple autoassociative process that the brain of any sane person is capable of.
Although, of course, with the caveat that, at best, the purpose of dreams is determined in a person by their living soul and mind, of which the computer doesn't have it.
The same applies to the chatGPT algorithm — it is simply an autoassociative process that is generated by neurons in the brain that generate impulse sequences, using individual memory — the emotional memory of experiences that a person has ever had.
And from a religious perspective, such processes in the human brain are possible if a person's soul is asleep and doesn't see where all these reflections are leading them, without strict logic and the subordination of passions to God—it can be called fornication.
Because the brain itself implements the logic of animal behavior.

Whereas, to fulfill human logic, a person must be of sound mind and morally conscious of choosing the path of their thinking in accordance with with the logic of its divine origin.
This is the problem with art—it often leads people in the wrong direction, that is, it doesn't lead them to God.
Whereas religion and faith in God enable us to find the path to salvation for the human soul.
And logic and rational considerations help them in this.
* The function of complete logic is the function of complete logical enumeration of situations with the full number of options for any number of statements of their corresponding number of their intersections (mixed events), which can be either true 1 or false 0, taking into account their intersections and the inclusion of a certain superset transcendental An event that may or may not involve the truth of two events.
The number of possible combinations of events grows as 2 to the power of 2 to the power of n in the number of statements.
The number of variants grows very rapidly with the number of event variables (statements).
Therefore, the function of logic is practically unattainable when solving life's problems and there is only the possibility of some approximation to the function of complete logic.
And yet we are not limited to stable diffusion algorithms, chatGPT-fornication and the full function logic, since we are all endowed with a mind capable of seeing and feeling, overcoming the limitations of stable diffusion, chatGPT-fornication and the function of full logic by instantly comprehending transcendental reality through our vision and our feelings, the Empathy of our Mind...
Intelligence — — the spirit of light "I am", focused by sound...
Empathy is sympathy, insight into the situation, complicity, decision.

# Vitaminization

The human body accumulates vitamins, so it is best to make sure that you can drink juices every day, especially carrot juice with milk and sunflower oil, you can drink regenerating juices with spinach, lettuce and onion greens, and sunflower or flaxseed oil or any other oil from grains and nuts, because they contain Contains essential fats and substances that help the body better absorb vitamins.
Eat fresh fruits and vegetables, avoid black tea and coffee, don't smoke, don't stress, don't listen to loud music (rock, pop, metal, etc.), and don't get into conflicts.
Also, stay calm and cool, meaning don't cool down unnecessarily to avoid wasting precious energy.
It might even be better to sleep on a warm mattress.
And if not on the stove, then at least on a heating pad to better conserve energy, which allows for better regeneration and restoration of the body during sleep.
And meditation and honey This is also very good, and all sorts of salads, and working with plants and flowers.
I must write that medical professionals, like everyone else, should not eat meat, that they should abstain from it.
Because their state needs to be pure and their minds clear, and meat clouds the mind, making a person coarse and aggressive.
Even the sight of blood and the smell of dead flesh dulls a person, making their mind lazy and motionless, like a predator's, awaiting its prey.
This is where aggression stems from, because they simply become as sleepy as flies, and their minds become clouded because all their energy is spent in the stomach for digestion.
And because their brains stop functioning properly, this is where conflicts arise, because the human element in those who eat meat fades, and the animal within them awakens—an element unworthy of humanity.

In the future, everything will be different.
And maybe through art that shows slaughterhouses and the horror of animal slaughter, people will understand that it's simply vile to kill animals, to torture fish—they are God's creatures just like us—and we must cast aside this shameful past of ours once and for all!
And we must become vegetarians, because we have no choice. other alternatives if we want to become intelligent.
Until humans adopt a vegetarian diet, they will suffer greatly, engaging in self-devouring, violence, and the murder of their own kind—because this is simply a consequence of their moral decline, when they allow the killing of our lesser brethren.
Animals must not be killed—they are sacred.
And we will treat each other in the same way, if we do not kill animals and take such care of them that they are sacred, that they can someday become people, then we ourselves will treat each other better and wars will end on Earth then.

# Cybernetics is the future

Cybernetics has the potential to unify various religious codes, resolve conflicts, and optimize life by understanding the structure and relationships of all life processes.
Science, as a source of reliable data, will be able to provide everything necessary to inform cybernets about the best methods of governance.
Mathematics and game theory can prove that it is not beneficial for people to fight each other and kill their neighbors.
Therefore, Cybernetics is the future of human understanding of life processes and the path to God!
Cybernetics is merely a method and approach to manipulating abstract wave functions.
Cybernetics is as complex as a crystal with many facets; like a diamond, it is capable of integrating various teachings—the colors of the rainbow.

God created the brain as an abstract computer capable of operating functions management to achieve the optimal result of life, expressed by the feeling of happiness as a feeling of unity of the internal and external, the unity of people with nature and life.
The sciences of neurophysiology and bioethics can provide answers to the question of restoring this lost function.
It is precisely the optimal and healthy state of the body and biofield in all people that can restore order and harmony to life on Earth.
People need to purify their minds, hearts and souls and this is the key to future prosperity.
Too much abstract and unapplied information becomes a dead weight on the minds of young people and children.
Therefore, we need to teach children how to apply their knowledge.
We need to redistribute the burden of education so that children have equal amounts of real-life experience and abstract knowledge.
But this can be improved if education is adaptive.
Children will progress in learning the cybernetics of life according to their abilities.
Books are a luxury, and they may contain inaccurate information—entropy.
Therefore, the focus should be on visionary ability, on developing eidetic memory, reasoning, and ethics —ethics of interspecies and intraspecies communication.
On developing internal bioethics for managing internal Qi flows and developing external bioethics for organizing the surrounding space.
It is precisely the reconfiguration of the governing programs for future generations will yield the best fruits of the light of Qi — the light of the energy of Reason.

The Zeta Reticulans say they like the idea of human unity and the idea that humans can be like computational units in the system of planet Earth's global consciousness.
Acceptance of this idea leads to the end of wars and the establishment of a path of unity with nature and By God.
Cybernetics is the code for correcting the errors accumulated over millennia of fratricidal wars and the destruction of life on Earth.
The control system must be corrected using cybernetics.

# The whole field

The body is connected by information flows linked to the brain.
The connectome contains not only axial—core—direct connections, but also radial connections that ensure the integration of all sensory data necessary to create a sense of self-integrity.
These connections generate what we call the holistic field of self-perception, "I am." When we use senses focused in small volumes, isolating parts of sensations from the entire spectrum of perception, we limit ourselves to using the axial connections of our body.
But if we focus our attention on the full spectrum of sensations in our body, experiencing it as a whole, we strengthen radial connections that take us beyond the perception of ourselves as small organic beings.
Here, we begin to recognize the new truth: that we not only are, but that we "Are," which signifies wholeness with existence, wholeness with other minds.
“I Am” means I am a part of the whole, which includes other beings, other minds, which we can experience directly as the feelings and thoughts of other people, which we know, which we remember, or which we never knew before, because

everything in the world is an open integrity of interacting units of Mind.
And there is no matter that does not possess the property of intelligence.
Any matter in itself possesses the integrity of all its properties.

# The Life Program and Cellular Intelligence

Is it possible to have an organism with self-optimizing and self-modifying genetics and the ability to use a DNA computer based on the properties of receiving and transmitting waves within a nuclear cell?!
DNA contains a hidden property that is revealed during mitosis, namely the mitotic radiation of the cell, which creates the preconditions for understanding cells as DNA computers exchanging information about their state with each other and with the mind.
We may not fully understand how our perception is formed.
In other words, in addition to brain information, we can receive information from the electromagnetic field.
This is due to the electromagnetic nature of our biocarrier—the body—and the information channels within it—meridians or nadis—which may collect signals directly from the nuclear structures of our cells using electromagnetic waves, which can carry bioemotional information about the state of the cells.
This is a rapid communication system within the human biofield, connecting the body and our mind, operating at the speed of light.
For the future of medicine, this means that people can understand their bodies more deeply.
and acquire self-healing skills based on an understanding of the nature of cellular radiation, which can have precise diagnostic value.

This means that in the future, after training in kindergarten or school, a person will be able to more accurately understand themselves and then take measures earlier to heal or prevent illness, thereby reducing the likelihood of damage and conflicts associated with the accumulation of errors (or entropy) within their own body.
Sensations of pain, smoke, deadness, sticking, wrinkling, sliminess — all these are different forms of signals that have medical significance and can provide an accurate diagnosis, because they reflect the actual signal from the nuclei containing DNA.
acting as a computer inside the cell, or more precisely, the cellular mind, controlling the life of the cell and sending quick messages to inform your individual mind about the state of your body.
The information capacity of human DNA is about 10 PB .
This is 10 to the 15th power bytes or 10,000 terabytes, which is equivalent to the capacity of 10,000 modern storage devices with a capacity of 1 A TB is one terabyte.
That is, this is a program whose capacity is packaged on a micro-scale and yet comparable to the capacity of a supercomputer center!* DNA is much more complex than just a generator of information for the synthesis of protein molecules!
It is A powerful structure that creates an analogue of the mind —a mind crystal on the microscale of the cell nucleus.
Perhaps this is a crystallized particle of the Mind of God!
Kryon has a book that talks about the 12 layers of DNA and temporal crystals or time domain crystals (crystals of the space-time).
DNA can be viewed as a temporal crystal containing a message to the future for the construction of a new biological system associated with the presence of biofields and the existence of the soul as an object.

quantum level.
DNA contains not only a material spatial part, but also a temporal — wave part, which possibly controls the movements and perception of the cell as a whole, that is, the growth of the cytoskeleton, the control of the position and synthesis, and the restoration of organelles, cell cleaning, and the formation of connections with other cells (association).
Especially in the case of nerve cells, where orientation is possible based on the distribution of electromagnetic fields—this is truly intracellular Magic!
Service molecules act as action elements, which, taken together, transform the cell into an intelligent machine, sensitively responsive to changes in external and internal parameters of the extracellular and intracellular environment.
Service molecules are, in essence, projections of angels onto the world of molecules that ensure the fulfillment of the life program created by God.
But emotions are a universal language for communication between organisms and minds!
And emotions are most likely electromagnetic in nature!
Therefore, by creating an electromagnetic biofield scanner — particularly in the microwave and infrared regions—it's possible to record possible bioemotional electromagnetic radiation of various forms and vibrational spectra!
And then, based on this, create a diagnostic base for interpreting cellular states and diagnosing the health of humans and living beings!
Perhaps this will be a new field of medicine that will more deeply understand the connections between mental, physical, and emotional health!
And this will allow us to improve our quality of life and reach a higher level of intelligence and ethics!
In the future, people will better know and better understand the causes of their sensations associated with the characteristics of

the bio-radiation signal form from cell nuclei and thus more accurately locate their position, determining a specific organ and specific places, why this happens, and how to correct negative conditions based on memory information obtained during training in self-healing and diagnostic lessons.
I believe that in the future human knowledge will be more universal and people will have the opportunity to master many professions in classrooms and through experiments.
and simulations.
* At the moment, it is known that the information capacity of DNA is about 800 MB of information — this is significantly lower than the figure given here — this means that DNA is not really a supercomputer in terms of current indicators of the development of computer technology — however, in this message I wanted to show that each cell has a great potential for computing and one day we may be able to use it, because if we pay attention to another parameter — the total number of cells in the body or the number of cells in the nervous system — we will come to the conclusion that the human body can really serve us as a biological analogue of a supercomputer, if we can use the computing power of DNA nuclei or the natural wisdom of cells — this can help us become more intelligent and wiser beings, just as the God of the Center of the Galaxy gains wisdom in the process the creation of worlds and the creation of a large number of intelligent beings, which are forms of its emanations and enhance its ability for creative transformation and revitalization, and spiritualization of worlds-planets...

# About the future...

The potential for human development lies in the fact that we may one day discover a way to integrate our nervous system and mind with genetic computers, thus creating the preconditions for a more seamless and ethical evolution.

If additional information were introduced into DNA, enabling the transmission of images and information within cells in the form of a visual field or spatially distributed light, sound, and kinesthetic holograms, then cells could be used as networked quantum computers!
This could potentially improve the parameters of suprasystemic data processing, optimizing its depth, speed, and accuracy!
Looking deep inside cells, we discover hidden potential for computation and self-optimization, with associated properties of increasing degrees of freedom to bring life closer to a miracle!
Regeneration, changes and adaptation of biological form during life, improved communication with other species, improvements based on a deep understanding of genetic information!
Such additions of a second genetic micronucleus inside a cell are possible for the purpose of performing quantum calculations of life's macroprocesses at the subcellular level!
Their goal in isolating the DNA code from possible failures associated with nonlinear interaction when using metaprograms at the supragenetic level.
Multinuclear organisms are also possible, with the presence of multiple genetic nuclei that can define new possibilities for transformation and use of the computational capabilities of trillions of computing DNA processors inside cells!
What if humans could become a multi-planet species, capable of adapting to different environments by switching control program codes between micronuclei within new multinuclear organisms?!
Perhaps one day we will be able to transform ourselves to the specific conditions of a particular planet, so that we can truly be in a biological state with a continuous change of life forms without the need to die.

Transformations of the biocrystal of our bodies are possible at a higher level of intelligence.
And perhaps one day we will also learn more, so that we will be able to consciously transition into an ethereal form of life, with the subsequent possible choice of certain sets of genetic programs and built-in optimizations at our discretion, using new genetic devices that will allow us to model genetic optimizations and select phenotypes and genotypes based on a rich library of genetic information from all intelligent life forms in our Galaxy!
To learn to be like water, flowing smoothly and continuously from one form of life to another without losing consciousness —isn’t that a miracle?!
And birth without suffering, without the torment of pain—the synthesis of biomatter according to a predetermined DNA program within a genetic bioprocessor!
This could be better for the future!
Perhaps one day we won't need bodies like Earth's, with polar forms—male and female.
And perhaps we will one day find a new unipolar existence within an organism more optimal for the cosmic environment.
But genetic bioprocessors with bioprogram libraries are the future!
Because we'll be able to "resurrect" the best people "from atoms"!
Choose versions of DNA programs to create the best organisms for embodiment!
This is salvation against random wanderings and blind combinations of nature!
The selection of organisms with stable genetics and the aesthetic realization of the phenotype is a miracle of the future!
Currently, human DNA has accumulated numerous errors, which manifest themselves in asymmetry and disproportionate

organ shapes, as well as inaccuracies in the functioning of internal systems and intracellular processes.
Therefore, people will likely need to work on their genetic code to improve and correct all of these issues.
And at a time when this will be possible, after the development of quantum computing technologies and modeling quantum-mechanical macro-systems such as living organisms, it will be possible to create an additional part of the code, which will include ethical components such as neurophysiological structures of unconditional prohibition on causing harm, pain and suffering of living beings and the like, according to the ethics of yoga and religions.
An ethically correct genetic core will be the basis of future organisms.
A second genetic core could have an abstract purpose, enabling the ability to model and predict processes based on deep computations distributed throughout the body's network.
While this is possible, it would require additional cellular energy expenditure to operate and construct such cores.
This might also require higher energy supply characteristics, but these are questions for the future.
P.S.
This is indeed possible; two genetic nuclei are already embedded within every cell of the human body—in addition to nuclear DNA, there is mitochondrial DNA, and the genetic nuclei exchange information!
Perhaps the nanite theory is correct and at the basis of every particle of existence is intelligence!

# The Path of Union with God

Here is some more information about the space civilizations participating in our life planets.
I can share a little information about the origin and phenotype of the different species of space people who arrived on our

planet and participate in the progress of our civilization, as well as some historical aspects related to the activities of the civilizations of the Cosmos and their progressive technologies and gifts.
I will write about this in the same order and perhaps at the end I will also tell a few stories that touch on the subtle aspects of the psychohistory of our planet.
Some of the information may be hypothetical, since I have not seen what I am writing about, but was only familiar with some stories that were transmitted to me by supposedly 5 space civilizations that transmitted information into my mind via a telepathic channel.
The Zeta Reticulans came to us from the Zeta Reticulans system, which is currently recognized by astronomers as a binary star system.
Interestingly, the type of their home planet may be associated with high humidity and high temperatures, and their phenotype resembles that of terrestrial amphibian frogs, which, of course, possess a much more highly developed sociality and are in constant communication with each other via radio.
They conveyed to me information that they are, on average, 1.4 to 1.6 meters tall and that the Egyptian pyramids were built by them to express the idea of cosmic time.
The Egyptian pyramids of Giza are galactic clocks that measure the current era in the galactic cycle.
The fundamental idea of Egyptian temple complexes is to cultivate a view of animals as sacred beings, connected to the cosmic creativity of the Sun God of the Central Existence!
This is why killing animals is considered a mortal sin!
Because anyone who crosses this line is against the Creator God, the Father Almighty, of our Galaxy!
And that's why animals shouldn't be killed and their dead flesh shouldn't be eaten, because it's ungodly.

And that's why I'm asked to write more about vegetarianism and ethics, because These are the central ideas that space civilizations, including the Zeta Reticulans, want to convey to us.
We must accept these ideas and become vegetarians today, because there is no way to overcome the Fermi paradox except through true religion, which honors God's creations.
and including animals, which we should treat as sacred beings symbolizing the cosmic creativity of God!
And I must write about one more civilization of the Cosmos, which I have not mentioned before.
Another civilization, the Orions, is connected to the Egyptian civilization.
Very little information is available about them, but these are the Egyptian gods and other people of the Cosmos who came to us from the Orion star system.
The very name Egypt comes from the word Yoga—this civilization is associated with the development of the Yoga culture, which implies strict ethical rules that people must observe in order to achieve peace and harmony among people and living beings on Earth and in Space!
Yoga is the path to unity with God!
Yo means union.
Ga means movement.
Thus, Yoga is the teaching of achieving harmony with the world, life, and God!
And in fact, the Christian religion and other world religions are also directly connected with the teachings of Yoga!
Because in fact, Yoga is the source of all religions, just as the Egyptian civilization is the source of all earthly civilizations.
And therefore the pyramids of Giza also symbolize a new starting point for our earthly civilizations are the beginning of our historical time.

And at the present moment we are witnessing the transition into a new cosmic era of Aquarius, since our earth's axis is directed towards the constellation Aquarius.
And the teachings of astrology can explain to us the meaning of the transition into a new era.
Because this teaching symbolizes the meaning and significance of the new era, which lies in the fact that cosmic civilizations are pouring upon us vast streams of information, washing over our consciousnesses and minds, because they have already prepared us for the possibility of perceiving their cosmic information!
And that's why new universities and institutes are opening on Earth, and there are more scientists, more countries wanting to take part in the discoveries of world science!
People have become ready to accept new truths because cosmic civilizations have prepared them for this!
This is the meaning of the progressivity of cosmic civilizations!
And so now we have a very large and extensive volume of information accumulated by humanity in the form of works of art, books, films, music and scientific texts!
All these are gifts created by people with the participation of space civilizations!
And now the Zeta Reticulans are passing on to us the ideas of mathematics!
Mathematics is the queen of sciences and the true language of future communications!
With the help of mathematics and computers, as well as mathematical statistics, in the future we will be able to improve the quality of our knowledge and improve our communication in order to become a more intelligent species of people worthy of the title of a space civilization!
And that's why they create school programs for us that increase our mathematical awareness, our knowledge of mathematics.

And that's why they love it so much.
straight-A students who don't screw up, but complete all their homework with excellent marks grades and at the same time, they also delve into the meaning of the tasks themselves, because any information that is transmitted to us through schools and universities has a purpose related to the realization of the future potential of our civilization!
We must create more powerful computers and better material technology in the future so that we can protect our home planet in the future.
from asteroids and other space dangers that could wipe out all life on our planet!
This is why we need mathematics!
And therefore we also need other sciences — physics, history, astronomy, biology, ethology, psychology, as well as the new sciences of bioethics and other new sciences that will serve as new sources of reliable data on important aspects of life related to our life and the functioning of our technology, which are necessary for the development of our civilization!
And continuing the story about the space civilization of the Zeta-Reticulans, I will also say that they They already have the necessary technologies to protect our planet from asteroids, but it is possible that the amount of equipment needed for protection may not be sufficient!
Because space is vast and it's impossible to foresee everything, they transmit information to us so that we can quickly become a more intelligent civilization and protect our planet ourselves.
Therefore, we must become excellent students, strive hard to study and gain knowledge!
Because this accelerates scientific and technological progress and brings time closer.
establishing contact with intelligent civilizations of the Cosmos!

The Fermi paradox is only a temporary phenomenon, which consists in the fact that people are not yet ready to enter into open contact with space civilizations, since they do not observe religion and have a poor understanding of ethics.
But by reading this message you are already touching elite information, which, if you accept it, will bring you closer to the possibility of intelligent contact with the civilizations of the Cosmos.
We must become vegetarians—that's the first condition.
But we must also become excellent students and do well in school to achieve a higher level of intelligence and create the prerequisites for possible communication.
But we must also apply our knowledge in life to be useful to our world and our society, to spread information about a higher level of ethics that presupposes complete knowledge, adherence to the fundamentals of morality, and the non-acceptance of violence in life in any form.
forms!
Because violence is a gross violation of ethics!
And that's why we have to become vegetarians.
And that's why this is the number one requirement for joining communication with space civilizations.
It is impossible to destroy living forms created by God!
And you can’t kill or torture living beings!
We must become peaceful beings and eradicate violence from our lives!
And that's why we can't even kill lambs, because God actually created these living beings to show us that life is organized according to a spiral principle!
That this is the fundamental pattern of galactic life!
And that is why the Egyptian civilization revered the god Amun Ra, who was associated with these sacred animals, reflecting the beauty of the spiral arms of our Galaxy!
We must hold all living beings sacred!

And don't kill!
And don't torture!
This is our way to restore our morality, beauty and naturalness in our life.
Strict adherence to the ethics of life is the path to unity with God.

# On dreams as quantum simulations

It's good to read with the music of Stellar Drone — On A Beam Of Light.
Dreams can be viewed from the perspective of quantum physics as a method of biocomputing based on quantum mechanical laws!
It's amazing, but this is how reality really works!
After all, everything in a dream is nothing more than the result of photonic transformations and quantum calculations occurring inside your quantum hologram, associated with the phenomenon of the existence of your biofield!
This is interesting!
But you can check it out for yourself!
But first, of course, you need to become vegetarians!
And learn a lot about how to lower your entropy, increase your energy, and raise your information level to reach the Everest of your Consciousness!
And the Everest of your Consciousness is Lucid Dreaming, which you can control!
Thus, at the limit of your development, you can create holograms of reality within yourself, which can be used by you as a quantum simulation of reality to achieve the goals of improving your life and the lives of the people around you!
And how can this be done, you ask me?

And I will answer you that it is very difficult, but achievable if you have truly embarked on the ethical path of development, have abandoned the bad habits of meat-eating, coffee-drinking, smoking and other abominations that increase your entropy and serve as a source of poisoning.
your body.
And you just need to understand one more thing about how to behave so that your entropy decreases and your energy and information increase.
And it's simple!
You just have to follow the path of Yoga, the path of your chosen Religion and devote your free time Time to understand yourself, explore and study yourself and your surroundings, and observe which of your actions lead to disruption of order in your life, and which, on the contrary, increase order, allowing you to save your energy and the energy of those around you!
In other words, you need to be smart!
Accumulate knowledge and share it with people!
And naturally, you mustn't forget about your body and its biological and physical needs for food and water, warmth, and comfortable physical conditions.
Your environment should be conducive to rest and fatigue!
And this is practically impossible in our time!
You must understand this!
As long as people are constantly in conflict with each other and profess a cult of petty possessiveness, you will likely fail to attune yourself to natural harmony and create optimal conditions around yourself, unless, of course, you are also closely connected to a society that simply plays children's games like in a sandbox.
But if you choose the right economic and business strategy, then by earning enough money and creating real benefits for people, you can free up your time and time for your loved ones so that you can engage in spiritual development and discover

within yourself the deep quality of power that we call the word Mind.
And dreams are just approaching this power, or rather, they have the potential to reveal this power, but in order to attune this quality within yourself, you need to become practically sinless, and this is practically impossible in a world of people who constantly make mistakes and step on each other's toes.
But still, if you understand that you can only eat high-quality vegetarian food that gives you the energy of our Sun, the light that is called in English by the word sweet, which means to live in harmony, that is, to achieve harmony!
And this is very important!
After all, we know that everything in nature is simple and consistent!
And if you accept God's idea that Earth should be an earthly paradise, then you must understand that whoever supports this idea must themselves create this paradise and contribute to its spread!
That is, plants must be planted, cultivated, and selected by humans, so that instead of the grass trampled by cattle, there will be more God's Trees on Earth.
And so that the trees will bear fruit, and so that there will be more beautiful flowers and gardens, so that we can contemplate nature, so that our Mind will develop, look, observe...
In general, for anyone who wishes to develop the qualities of awareness, the divine light of "I am," the divine spark—Ra-Zuma—I advise everyone to listen to and read Osho, Stephen LaBerge, Carlos Castaneda, and many other geniuses of world civilization, and gather the seeds of precious knowledge that will allow you to easily and simply master your consciousness in the future and acquire a truly powerful and awesome superintelligence!
Good luck to you on this difficult path!
No, seriously!

If you want to master lucid dreaming but also allow yourself to eat dead fish or even chicken, you'll simply not achieve anything except enhanced nightmares that will drive you even more crazy!
The spiritual reality of our world is such that a person must earn and develop his inner spiritual qualities through his real work, and without ethics, access to the cool quantum functions of your biocomputer will be blocked by higher-ups authorities.
The truth is out there...
No, I'm serious!
You can read LaBerge's book, and you might even succeed, but without a more highly developed intellect, which is only possible through higher ethical and moral qualities, all these endeavors are failures.
So broaden your horizons!
Read the holy scriptures, try to follow them, help your neighbors with your work and according to your faith let it be done to you!
And quantum simulations within your dreams that will help us discover future technologies...
All this will happen!

# Quantum brain interface

The subjective world is presented to each individual through individual senses of the dimensional characteristics of vision (such as color, brightness, etc.), hearing, touch, smell, taste, balance, orientation, etc.
According to the nature of their origin, these feelings can be divided into
• spatial (depth of space, orientation, balance)
• material (senses of touch, smell, taste, pain)
• temporary (hearing, vibration, heat)
• energetic (vision, field)

The observable world, which is the result of the synthesis of information entering the brain through receptors (sensory organs), is presented to everyone in the form of a multidimensional fractal quantum hologram (pictures of perception), woven from spatial, material, temporal and energetic feelings.
Feelings of space, matter, time and energy are organized into complex forms – patterns, emotions, words, images.
The more developed the intellect (including the brain), the more complex forms of feelings become accessible to its perception and action, and consequently, the more complex forms of behavior it can implement.
A quantum hologram is a superposition of the sum of two data streams passing through the brain:
1. The flow of sensory data from the sense organs (hologram of the senses)
2. The flow of thought data from the organs of thought (hologram of thoughts)
In the waking state, a person primarily observes a hologram of feelings.
The thought hologram responsible for controlling the thought process in the waking state is practically unexpressed.
It resides in the background.
When the need for thinking arises, a hologram of thoughts comes to the forefront, which shifts into focus to reduce uncertainty in brain information.
During the transition from waking to sleep, the hologram of the senses is annihilated (destroyed), as the flow of data from the senses to the brain is blocked.
In this state, a person can directly observe their own quantum field (subjective space), which can appear as a dark space associated with the state of shunya—emptiness in Buddhism.
In a dream state, a person perceives a hologram of thoughts.

The hologram of thoughts and the hologram of feelings are the result of excitation quantum field of the human soul and represent parts of a single process of synthesis A quantum hologram from two data streams —the stream of thoughts and the stream of feelings—formed by human biofield structures. A quantum hologram is a quantum interface for managing your own life.
The main control element of this interface is voluntary attention.
Attention, this is a cursor...
A person can develop the qualities of his attention through attentiveness to life situations and meditation...

# Philosophy of the Trinity of Life

True philosophy lies in understanding life as a triune process of interaction between matter, information and measure.
Matter includes everything we can observe in the external world through our senses, such as matter or light (field). Matter exists in solid, liquid, gaseous, plasma, and transition states.
A separate form of matter is vacuum, which represents the unexcited state of a field (electromagnetic, gravitational, nuclear, or weak).
Information includes all forms of organization of matter that we recognize as images (many different forms of organization of matter), ranging from simple, such as atoms and molecules, to complex ones such as galaxies and galactic filaments. Between them lies the human form, which manifests itself as a visual image of a person.
Measure refers to everything that we can measure in quantity or quality, that is described verbally or using symbols, numbers, and their sequences.
Any material object, any informational image, is always dimensional, that is, it consists of many individual dimensional

characteristics, such as brightness (the intensity of light), color, and so on (frequency of light), etc.
The dimensional characteristics of material objects can vary, so we can compare objects by their dimensionality.
Matter, information, and measure are inextricably linked—every material object is dimensional and has an image.
The process of perceiving this image consists of the transformation of a signal from the external environment by the senses, which "digitize" its dimensional characteristics, which are processed by the brain and perceived by us as specific, dimensional images of external material objects in our inner world.
The brain processes the dimensional characteristics received from the senses according to a predetermined algorithm—internal measurement.
The more complex the brain's organization, the more complex information and images it can interact with.
This is also true for matter and measurement.
At the same time, any brain damage leads to the loss of internal measurement and a distortion of the process of perceiving the external world, and consequently, a distortion of interaction with it and with life.
At the same time, the human brain develops according to an internal measure embedded in it—a development algorithm.
Human development consists of the development of human, rational, and volitional qualities, first of all:
• feelings of distinction, empathy, humor, faith, conscience, a sense of proportion and morality
• in the development of food, defensive, creative, parental, social, research and philosophical culture
• in the development of thinking — visual-active, visual-figurative, associative, logical, dialectical-idealistic, dialectical-materialistic and scenario-based

• development of attention — its volume, stability, duration, switchability, distribution, concentration and intensity
• development of willpower — determination, perseverance, energy, endurance, discipline, initiative and charisma In general, the Universe as a triune process has a hierarchically ordered organization of many mutually nested processes.
The sacred origin of this The organization is God — the Supreme Mind, the Supreme Soul or the Observer, the Creator and Maker of the entire Universe.
Humans are created in the image and likeness of God and are the bearers of the Divine Spark—the Human Mind.
Based on our understanding of the human mind, we can conclude that there is a divine plan that determines the course of all processes in the Universe.
The evolution of life on Earth and the emergence of humans are part of this divine plan.
Life has evolved from simple single-celled forms to complex multicellular organisms such as plants, animals, and humans.
Humans differ from animals in more a complex organization of the nervous system and a more advanced structure of the brain, as well as upright walking, a more advanced structure of five-fingered limbs — hands, speech, human intelligence and the presence of a developed culture.
Considering the process of evolution on a large time scale of the order of billions of years, One can see that life, which originated in the world's oceans, gradually developed new material environments—the earth's surface and air—and began to develop the ether—the light-based material medium that carries energy and information.
Humans continued this logic of life.
— tamed fire, adapted the ether for transmitting information, began the stage of development outer space.

At the same time, the development of human society and human culture has led to the destruction of other life forms and the degradation of planet Earth's ecosystems.
This state of affairs is due to mistakes made during its development and a misunderstanding of the essence of life.
The essence of life lies in the proliferation of life forms, their evolution, and expansion—the exploration of new environments.
In other words, life forms should not be destroyed through the natural process of evolution of many species, but should be transformed and improve themselves — and in this no species should interfere with each other, since the loss of even one living species is a loss of information about millions of years of the evolution of life, a loss of evolutionary opportunities in expanding the process of revitalization and spiritualization of the Universe.
This is also true for specific individuals who carry unique evolutionary information.
Exceptions include glitches in the evolutionary code that are incompatible with life, which must be weeded out by environmental conditions.
Correcting the error in the logic of human society's development lies in the formation of an ecological culture, which must acquire primary importance in the consciousness of the individual and of the entire human society.
This ecological culture must affirm the value of life for every species and every individual, and be an active, effective force for protecting life from the threat of extinction.
All people on Earth must become the bearers of this culture.
The value of life as a feeling is inherent in every person and is especially evident in childhood, when a child develops an interest in living things.
This feeling should be strengthened through proper nurturing of the child's senses, cultivating the child's desire to interact

with everyone on a friendly basis, surrounding the child with friendly people and animals, and creating an ecologically favorable natural environment for safety, development, and improvement.

# Nanite theory

This classified theory posits that the nature of matter is based on material, intelligent particles—nanites.
The nature of nanites is the nature of an intelligent form of photons.
Nanites are small objects, on the scale of a single photon, that can process information and communicate with each other at high speed.
Essentially, nanite theory posits that light is an intelligent form of energy that possesses the potential for quantum computing and communication with macroscopic objects.
Under certain circumstances, humans can communicate with light particles to engage in intelligent dialogue and solve intellectual problems.
Nanites have their own mind and can unite into networks, creating a kind of Nanite-photonic life—nanite organisms, which can also have various appearances and properties.
This, in particular, explains the possibility of the existence of the human soul, ghosts, and various ethereal organisms and devices, for everything in the Universe can be woven from the nanite fabric of reality, which represents the deep structure of the unified Mind.
On the other hand, the nanite theory asserts the possibility of the existence of a multiverse as a consequence of the fractal principle of mapping infinitely small scales onto infinitely large ones!
If in the nature of reality on a small scale there is hidden a mind possessing all the properties of a fluctuating photonic particle of light vibration, then on the scale of the Universe the

difference is only in the scale of space and time, but not in principle.
That is, the world is an infinite number of intelligent forms nested within each other, possessing the nature of light fluctuation!
And the life and existence of the Universe is only an oscillation — a vibration between light and darkness on a large scale of time, space and dimensions!
Different areas of the Universe's spaces and objects in the Universe differ from each other in the density parameter of the metric, and therefore there is a constant and continuous process of transmitting forms of energy- information from areas of high metric density — compressed spaces with a large energy-density index — in the region of small spaces with a low metric density.
Objects with high metric density, such as black holes, can undergo very rapid transformations, which is a characteristic feature of intelligent systems.
Science also describes objects that possess singularities caused by factors of high density and concentration of energy fields — this is a possible explanation for the phenomenon of the human mind and soul, which may be hidden phenomena on small scales of space and energy.
This can also explain the three-dimensionality of the space perceived by everyone, as well as the multidimensionality of the entire spectrum of perception accessible to intelligent life forms.
But in the depths of reality, at the quantum level, we encounter the same paradoxes of choosing the states of an object—the reduction of the wave function, which is associated with the property of rationality and rational choice—atoms and even electrons are essentially made up of matter, which has the property of rationality as the ability to reflect external flows of

energy-information and to control these flows to one degree or another.

Nanite life forms generalize this idea: these life forms, woven from nanite light-magnetic matter and possessing nanite resonant memory, can accumulate intelligence as a property of renewing reactions and improving the quality of managing external energy flows, as a property of improving communication and harmonization with external energy-information flows — and not just adaptation, but in some cases active transformations of external and internal energy flows, self-transformation, self-programming and changing external forms and energy relationships.

Thus, nanite theory allows us to affirm the possibility of communication with microscopic levels of existence—small-scale spaces—and the possibility of benefiting from such communication.

Dialogue with atoms and various forms of life based on the universal language of vibration, searching for internal resonances associated with the minds of small systems — all this is possible.

Our science has a very crude understanding of reality, examining atomic systems from the standpoint of crude materialistic relations.

A deeper view of the world is provided by nanite theory: everything is reasonable; a rational dialogue can be found with everything; one only needs to look for points of contact—resonances and responses.

Perhaps the soul of man and other living and intelligent beings is woven from nanite matter—and this gluonic matter can direct flows of energy and information into a singularity hidden on a small scale, similar to what happens with matter transported through microtubule channels to and from the nucleus of a cell, under the control of the DNA code—everywhere the same pattern—a monad or intelligent particle,

possessing a center and periphery, connected to each other by a network of channels.

If we turn to the Vedic culture of India and to Yoga, we can find in them the statement that The individual human spirit, soul or mind — Atman — has the dimensions of an atom, so it is logical to assume that we live in an ocean of intelligent forms of energy that differ in the degree of organization, but at the same time have similar qualities — intelligence.

The human mind possesses a remarkable ability to think—that is, to perceive alternatives to perceived reality based on previous experience, or to create such alternatives based on logical or irrational principles.

Thus, the reality we perceive always contains an additional component—an imaginary part of perception, which is less connected to the actual signal from our senses and more connected to our inner world of thoughts and fantasies.

Thus, we always find ourselves in a certain superposition of the wave functions of reality from the signal from our senses and the signal from our organ of thought and awareness*.

* In the Vedic culture of India and Yoga, this is called antakarana — the internal structure — the sense organs, and the organ of thoughts and consciousness, including the biofield aspect — the subtle system of nadi channels equal to the meridians and energy channels of the Qigong system from the culture of ancient China.

Quantum physics allows us to explain how the selection or reduction of the wave function from the entire spectrum of possible states occurs on small scales of space and energy — this occurs due to the balance and redistribution of energy within the system — external and internal potentials that may be performed by a metaphysical function attention and will.

The very designation of the Psi function indicates a choice between three possibilities: following the system's internal

memory, choosing external potential, or choosing a certain ratio between internal and external potential (intelligence).
In other words, following a dream or reality!
In the search for a balance of potentials between dreams and reality – the principle of harmony.
The individual nanite memory of a person's soul is the memory of his incarnations — the experiences they've lived through, which are stored in nanite holograms, and the soul can reproduce these holograms.
This can explain people's inclinations toward good or evil— some souls accumulate good experiences from life to life, and their balance is closer to the light.
than to darkness.
Nanite memory is structured according to the resonant principle.
We experience specific associations—the rightness or wrongness of our current decisions—based on a sense of moral light, the awareness of our soul.
People with kind souls choose more kindness.
moral and bright in your life for yourself and for your people.
People with evil souls can choose evil, but the sincere love of people can heal evil souls, although not Always.
But still, people mostly have a good soul, because they come from angel...

# Neurogenetics

If you look at the structure of plants, you can see that their phenotype is organized according to the principle of recursion. This is especially noticeable in trees, shrubs, and wild grasses. Looking inside a person, you can discover similar complexity in the structure of their systems: the circulatory, respiratory, nervous, immune, and so on.
And at the same time, the structure The human body contains numerous individual organs that are not found in animals and

possess a distinct, complex geometric shape, the emergence of which is due to the genetic code that coordinates the division, migration, and differentiation of numerous cells—essentially, the scenario for their interaction and transformation.
At the same time, the genetic code itself has a binary basis of paired amino acid pairs, AT and GC, similar to the binary code of a computer consisting of 0 and 1.
From the field of programming, we know that any sufficiently complex modern program is written in a high-level language, akin to human language, containing logical constructs.
Computer code consists of a multitude of words and syntax constructs that are mapped to the assembler level—a human-readable computer language that provides the first level of abstraction over machine code and the machine code itself, which is understood by individual computer units, such as the arithmetic logic unit or registers.
memory, consisting of logic gates .
They perform elementary logic operations), which in turn consist of transistors, similar to the nerve cells themselves in their The functions of neurons are to transmit, amplify, or attenuate electrical signals that carry information.
So, perhaps the genetic code is a tracing of a higher-level language?
There are studies that show that the genetic code of neurons is constantly updated as they process information.
Research in artificial intelligence and machine learning has shown that columnar structures—multilayer perceptrons similar to neocortical cells—have the ability to recognize patterns and detect patterns in sequences presented to them. inputs.
These structures essentially have the property of storing complex models, abstractions that we can use in our everyday life, while having a native speech.
We don't always understand why we like a particular person.

But at the same time, we know that each of us possesses a vast inner world, inaccessible to direct perception and intervention for various reasons.
This is a world of subconscious processes and instinctive programs.
Using the analogy method, we can understand that this unconscious world may contain processes that perform functions similar to those of network programs that determine interactions between computers, for example, emotional reactions to various life situations, expressed in changes in the parameters of speech timbre, the condition of the skin and the compression/relaxation of facial muscles, and so on.
which are decoded and interpreted by other people to build logic and models interactions in a given case.
At the same time, it's possible that among these processes there's one that calculates possible phenotypes of future offspring based on the appearance and behavior of the chosen sexual partner.
It's also possible that there's a process that records the calculated information on a DNA carrier.
It sounds quite fantastic, but in the cellular world various incredible things happen.
From our perspective, things.
For example, consider the process of genetic transfer between plants and animals, or retroviral infections, which leave behind insertions of genetic information from foreign species that are passed on to offspring.
Numerous environmental factors can interact with the cell's genetic apparatus.
It's not surprising that neuronal activity can also influence hereditary information.
On the other hand, the process of maintaining and updating genetic information currently seems quite definitive to us.

Depending on environmental conditions, through processes of struggle for existence, sexual selection, reproduction, and mutation, organisms transmit or do not transmit updated genetic information, depending on the quality of their phenotype's correspondence to the environment.
Supplementing this list with the somewhat exotic options mentioned above, can we say that we possess complete information about these processes?
I don't think so.
The nervous system, which emerged early in animal evolution as a system for controlling the body's movements, developed over millions of years.
During this time, the nervous system evolved to the point of developing a central organ capable of modeling the surrounding reality and anticipating events under various circumstances.
In our species, this organ has evolved to the point of allowing us to break away from the real world and begin to comprehend all sorts of abstract models of reality, which is evident in the development of such fields of human thought as religion and mathematics.
And yet, returning to reality, one might ask: hasn't the simple act of changing genetic information under the influence of neural activity, over this period of nervous system development, organized into more complex forms of interaction between nervous system information and the genetic code?
Perhaps not.
The evolutionary process is quite slow, and beneficial mutations occur quite rarely.
This means that the necessary mutations that would allow It might not have been possible to organize the nervous system's influence on genetic information in a more complex manner than simply changing neuronal DNA.

That is, mutations, environmental pressure, and sexual selection remain the sources of change in a species' genetic makeup.
However, my free thought suggests the possibility of an image from the nervous system influencing the genetic sequence that can be passed on to the next generation.
This requires a connection between nervous system cells and the process of germ cell formation.
How exactly this might be accomplished is a mystery, but in any case, it is an interesting area for scientific research and experimentation.
This field could be called neurogenetics, that is, the science that studies the connection between the nervous system and hereditary information.
Perhaps in the distant future, when it becomes clear that this connection exists, and we thoroughly study all its mechanisms and constituent elements, we may arrive at a discipline called psychogenetics, which will reveal to us the possibilities for understanding the interaction between the image of our mental world and its phenotypic manifestations, how this image is realized in specific biological forms and influences their development during the process.
evolution.
And step by step, this free thought paints the possibility of the future evolution of our species, when the image we carry within ourselves will determine what kind of person we will be and what qualities our children will possess in future generations.
I can imagine an artificially created computer language for describing biological forms, which will allow us to synthesize genetic sequences that develop into organisms with given characteristics.

Programs from this high-level language will be translated Metagenetic compilers into sequences of DNA binary symbols, which we can use to assemble all sorts of biological forms. These could be new species of animals, plants, even new species of us.
I see a horizon beyond which a brave new world opens, because by that time, artificial intelligence may achieve creative and modeling capabilities based on the colossal volume of information contained on the internet.
What phenotypes will it be inspired to create in its silicon brain?
And what if it wants to create a biological shell for itself?
One can only dream...

# Superconsciousness

Essentially, all of humanity is a single neural network with a vast number of layers of abstraction.
Every time we speak, we draw on the memories of many generations, books, and literary works created by processing information received from the neural network of one individual, who in turn received this information from others who also possessed neural networks.
It turns out that such a computing system contains not six, but more layers of abstraction...
Which makes the computing power of such a network virtually infinite, taking into account the influence of time...
Hierarchies of people are computing systems of great power, inaccessible to a person using only their own consciousness...
But at the same time, their own consciousness is the result of the interaction of many consciousnesses...
This is superconsciousness!

# About God and about sin

God the Son is a hypostasis of the Trinity.
Jesus Christ personifies the best of God's sons—humans.
Christianity is fundamentally an idealistic teaching, so Jesus Christ is identified with the Son of God, because this is the ideal to which all people, especially men who profess Christianity, should aspire.
And at the same time, for God, all people are his children, because he participated in the creation of the Earth and all earthly creatures, and created the first people — Adam and Eve, and from them all earthly creatures come People.
Christianity is a patriarchal religion, created by men and primarily for men, so it makes no mention of God the Daughter, although logically this is correct.
In this sense, the Virgin Mary can be a complement to the symbol of the Holy Trinity, which explains unity and plurality as qualities of God.
Why did God create man?
God created man to live in the Garden of Eden among the angels of God, who constitute the second hypostasis of the Trinity, uniting God the Father and God the Son—God the Holy Spirit.
The Bible tells us that an evil spirit tempted the first humans, leading to their fall into sin and expulsion from Paradise.
This marks the beginning of the sinful history of humans who departed from God the Father's ideal of living in Paradise and being God's viceroys on Earth.
Allegorically, we can say that the main motives of sin are the following: 1) improper eating — an evil spirit tempts Eve to eat the forbidden fruit, which causes Eve's morals to deteriorate and she begins to obey him, but not God — hence the various vices associated with witchcraft, magic and deviation from the path of the Mother of God, that is, the ideal of a moral and pure

woman who is capable of giving birth to the sons of God; 2) adultery, which concerns the sin of Adam, who, being tempted by Eve, falls to the level of an animal, incapable of being a moral standard and role model for his children — Cain and Abel; 3) the murder of animals and humans, which is committed by the brothers and sons of Adam — Cain and Abel — the ancestors of all people — although the Bible does not indicate this directly, but it is precisely because of The sin of sacrificial murder of lambs by Abel is followed by the sin of murder of Abel by Cain, which is a symbol of fratricidal wars that have not yet ceased on Earth.

Accordingly, deliverance from sin and thus restoration of God's plan consists in taking the following measures:

1) All people must become non-violent toward their brothers and sisters, as well as toward the created world, which consists of all living creatures, including animals and plants.

And as a primary consequence of this, all people must become vegetarians, that is, eat only the food that nature provides.

2) All men must become morally pure and worthy fathers for their children, be faithful husbands for their wives, and be honest workers.

3) All women should become morally pure and worthy mothers for their children, be faithful wives for their husbands and raise their children with love and care.

And 4) humans must reestablish their connection with Nature, engage in the restoration of ecosystems, reforestation, and cleansing the Earth of the waste accumulated throughout its sinful history.

We must restore Nature to its true God-given image—the image of the Garden of Eden.

We must strive to recreate this image, taking into account our accumulated life experience, so as to avoid making further mistakes and sinning, and to follow the path given by God.

Anyone who wants to be closer to God must become a vegetarian.
Angels They do not like it when a person stains himself with death, violence against others, and all kinds of sin, and therefore they turn away, and a person distances himself from God because of his vice.

# About the 10 Rules of Yoga

These are the rules: do no harm, do not steal, do not lie, do not covet, do not waste, be pure, be content, be mindful, be purposeful, trust in God.
Each of these rules requires separate study, consideration in a multitude of life situations, so that ultimately an aura of love will form around you, felt by others and God.
Therefore, we need to constantly think about these rules, consider life situations from the standpoint of these rules, to reconfigure and change one's behavior, thoughts and feelings so as to better correspond to a deeper understanding of these rules, to correspond to the ideal of love in relation to God and one's neighbor.
The simplest understanding of these rules is that we must apply them to ourselves and to the world, to our neighbors and to God.
We must also apply these rules to the three levels of our existence—physical, mental, and emotional.
We must also understand these rules in both positive and negative aspects.
And we must especially understand the consequences of following or not following these rules.
To illustrate this simple understanding, if we consider the first rule—non-harm—we'll first understand that we must not harm ourselves or our surroundings—objects, living beings, the environment, and, most importantly, people.

We must not harm the physical state of things, living beings, the environment, or people, nor their mental and emotional state.
This means not defiling them with inappropriate negative thoughts and emotions, including ourselves.
This is the positive understanding of the rule of non-harm.
However, non-harm also implies a negative aspect, which must also be understood and applied in practice.
Specifically, one must not allow harm to people, living beings, objects, or the environment through inaction.
One must cultivate a compassionate outlook on life, the environment, people, and objects, in order to prevent potential harm to them.
And at the same time, one must protect life where it is needed.
In other words, we need to be creative and preservers of life—that's the simplest meaning of the rule "do no harm." The consequence of applying this rule is to stop destructive processes in the world and conserve energy, information, matter, which we need as a foundation for development, without which it is impossible to build higher levels and states of development.
If you don't follow the "do no harm" rule, an aura of destruction will form around you, which will return to you the destruction you've caused to other people, creatures, and objects—consciously or unconsciously.
That is, if you've allowed If there's destruction somewhere, that destruction will return to you and hinder your development.
Therefore, it's best to avoid harm and be a creative guardian, so that a stable aura of creative preservation surrounds you.
With regard to other rules, you must also do your own work to establish a simple understanding of these rules and the benefits of applying them.
Moreover, you need to look at your life in terms of applying these rules, how much you are following these rules in your life

and how you can improve your behavior to be more in line with these rules and ultimately achieve a state of love for to one's neighbor and love for God.
This is the most important thing in life.
Saving your neighbors is the most important rule in life; logically foreseeing situations, learning this and saving your neighbors, people, children, even strangers, from any possible troubles.
Updating the discretization
I have found a better system for discretizing the forms of matter that will allow us to better understand the nature of reality and its connection with our subjective experiences.
The entire visible world can be distinguished on the basis of 10 forms of matter-energy-information: 1. Crystal structures
2. Liquid structures
3. Gaseous structures
4. Plasma structures
5. Light fields
6. Magnetic fields
7. Dark energy
8. Bioforms
9. String matter
10. Singular matter
The last three forms of matter-energy-consciousness form a triad that organizes all living and intelligent life forms, because the presence of singularity allows them to be united in flows of matter-energy-information to create a control hologram that has the quantum property of reducing the wave function based on the presence of uncertainties in systems perceived by the mind. String matter allows people to perceive bioelectromagnetic fields and connect to living systems, which represent biological forms of matter—this matter of the human soul itself, connecting various forms of life as forms of electromagnetic field emanations that possess the ability to exchange subtle

forms of energy, experienced as feelings!—vibrations of field forms of energy!
Biological matter in turn organizes all primary forms of energy, consisting of from elementary particles, atoms and fields, and it allows us to exist on the planet, allowing us to maintain our flame — the flame of our soul and mind, explainable as forms of string and singular matter-energy-consciousness.
Thus, using this discretization, we can see the deep structure of reality that connects the objective and subjective worlds into a single whole, into a single structure of matter-energy-information, expressed as a property of the integrity of our hologram!
In this way, we can look at the world as a hologram, which consists of details — matter- energy-information of various concentrations and forms, which we can distinguish with the help of our senses!
And even our thought has its own physical reality as a process within our biological matter, which is controlled by our mind through subtle channels of matter-energy-information that permeate the body as our biofield.
This triad can be called differently and given other words to describe it, but it is precisely this way of understanding reality that allows us to always see the entire integrity of our reality and understand that everything is connected to everything else, and the quality of the matter-energy-information you create will be reflected in the quality of the physical reality surrounding you!
Thus, one can see that thought is like a fluctuation of the hologram of your integral field.
perceptions within your singular matter — mind — create your reality and are reflected in the reality of other people!
And therefore we must be responsible for the thoughts we create!

But we must understand that we must tune all the flows of matter-energy-information within us and around our environment in a harmonious way — in order to prosper and bring prosperity to the world!
We must study ethics, study science, yoga, feng shui and qigong in order to understand how to tune our life hologram in the best possible way!
You can play with this discretization by remembering each form of matter-energy-information by the number of fingers on your hands!
Try to find the answer to the question of what actions lead to greater order in your hologram, and allow you and the people around you to receive more happiness, love, positive, and which ones move you away from this ideal.
Because in reality, all sentient life forms strive for light, happiness, awareness, and bliss, and therefore it is worth considering how the rules of ethics, religion, yoga, feng shui, qigong, scientific knowledge, and life experience bring us closer to this ideal — a feeling of positive vibrations, happiness, joy, and bliss in our common biofield, as well as the exchange of more intellectual information related to the higher level of God's ethics.
Because God actually lives in all of us — and by tuning in together through the rules of religion, ethics, feng shui, qigong and yoga, using the knowledge of science and our everyday experience we We come to a higher level of awareness, which reveals to us a deeper truth that we all together contain particles of Divinity within us, which begin to glow with happiness when everyone is happy!

# Capitalism vs. Infonomics

In this article, I wanted to discuss how our level of economic development is limited by the capitalist system of social relations.

This is my personal view of the world, but people who don't understand that they are losing when they play games with imperfect information may not be able to protect themselves from a cosmic threat...
It seems to me that we all cling too closely to the idea of capitalism, which is essentially a combination of several natural ideas that haven't developed very far in terms of the evolution of ideas.
That is, capitalism = the idea of money + the idea of private property + the idea of producing goods + the idea of buying and selling + the idea of accumulation.
I may be missing something, but in my opinion, these are all the ideas required to understand capitalism.
The point is that this is a very primitive type of economy, it is simple, it is close to the level development of chimpanzees, because even chimpanzees in an experiment conducted by scientists showed a similar structure of society, when there are rich people, poor people, prostitution, drunkenness and and so on...
In general, the point is that we are not far from chimpanzees in terms of development economic terms.
Nowadays, almost everyone has gadgets connected to the internet.
Every gadget is a computing device that allows for theoretically unlimited data exchange with any network node.
This makes it possible to build a completely different type of economy, one that relies on information rather than money.
Money is essentially analogous to information related to the economic significance of a given entity, but this information doesn't contain details.
For example, if I have $1,000, what does that say about me?
Am I good or bad?
Am I worthy of buying a weapon or a dangerous object?
That's dangerous, you see?

When we play for money, we play a game with incomplete information—in game theory, there are two types of games:
1) games with complete information — such as, for example, chess — it is a game of complete information — the most attentive and the smartest wins — this is the law and .
2) games with incomplete information — such as, for example, poker and other card games, where people They hide their cards—the liar can win here—or rather, those who are better at lying win.
What game do you want to play?
Of course, all honest people want to play fair, that is, openly and honestly, and for this we need a different type of economy. We need an open-source economy.
We need to understand that this is already possible from a technical standpoint, since everyone has computers and we can simply transmit data to our country's control servers, through State Services, for example, by filling in data about our actual needs for food, clothing, personal belongings, housing, etc. and so on.
We can already take everything into account.
The only difficulty is agreeing to either stop using money or re-evaluate its role from an information-theoretic perspective by making it a derivative indicator.
We could replace money, for example, with a trust rating, which would reflect how much a person can be trusted when making decisions, but it would still be a less significant number, one that would matter less than the fate of even an individual, less than the actual person themselves with their needs and opportunities.
In reality, we now have a governing hierarchy within the country — our government, the state.
employees.

There are private companies, legal entities and individuals — all people are in an already existing system of social relations, which are organized hierarchically principle.
We have a person with the highest level of trust—our president —we have politicians, scientists, and specialists who possess all the competencies, and they must simply reorient themselves to a different type of information—complete information about all the country's facilities, about all the people, about their needs, their difficulties, problems, and so on.
Information about money here is a hindrance, an obstacle to economic growth, because it simply blocks processes.
If an engineer thinks, "We don't have the money to pay for the production of crystals to create a new type of photonics-based computer," then we won't get the new quantum computers that will allow us to move to higher levels.
computing power that can help us create new technologies and discover new technological solutions that will allow us to ensure our space security in the future...
And then an asteroid will arrive and won't ask, "Why didn't you earthlings make it in time?" Oh yeah...
Money!
Everything is clear.

# Coffee Wars

I invite you today to think about why exactly people start wars against each other.
If the external world is a reflection of the internal world, then there must be disharmony within a person, internal contradictions that force a person to conflict with other people, destroy objects and things, and ruin destinies.
For example, we can take the well-known politician Hitler, who ardently called people to war and achieved colossal success in this, playing on people's inner feelings, forcing them to believe that there are better people, and that there are worse

people, unworthy of life — this in itself is already the seed of contradiction that leads to conflict.
But why can't people break free from certain prejudices?
Why, despite having reason, do they blindly accept a different point of view, one that's not part of their healthy state?
How can they blindly go and kill people for the idea that some are better and others are worse?
The human mind is dormant if human energy has not reached higher levels of vibration, if it has not risen above the animalistic nature.
Within humans, a process of energy transformation occurs, from crude, animalistic forms closely linked to survival instincts and the struggle for existence, to those types of energy associated with truly human life— the life of human thought, capable of overcoming contradictions—capable of synthesizing information based on vision, imagination, memory, and life experience.
Today, watching a story about the life of sea lions on the Culture TV channel, I saw that the animals are in a very sad state from the point of view of a rational person — they do not have enough energy to rise above the level of fighting for their own existence, and the instinct of reproduction.
A person can rise above instinct and this is what happens in people’s lives, but still, at some point in life, a failure can occur and a person stops living in a human state — he can begin to conflict with other people, wish them death and go to war against other people — he can fall into an animal state of struggle for existence.
But why does this happen?
I think this is due to the fact that a sufficient amount of entropy, that is, disorder, can accumulate within a person at all levels of their complex structure.
Disorder in what they eat and drink, in their lifestyle, in their biosystem—deficiencies in nutrition, illness and poisoning,

dehydration, perhaps related to cultural and climatic factors, grievances, perhaps those a person received in childhood, disorder and confusion in thoughts and feelings, perhaps related to the current chaotic postmodern culture or the peculiarities of the local culture or religion they profess— various possibilities are possible.
cases.
But the most important thing is that this disorder interferes with the natural flow of energy transformation from animal and gross forms to more human forms, characteristic of to the human spirit.
Energy is transformed from the gross forms that come to us from food, water, air, solar and thermal energy to more subtle forms — electromagnetic, which saturate the human soul with the light of energy and vibrations of feelings — making a person's life saturated with subtle feelings and further allowing a person to reason, rising above feelings, to grow his mind and spirit, reflecting on them, and becoming, as it were, at the head of one's feelings — managing one's feelings, as someone before me poetically expressed it, that feelings are horses, and reason is the charioteer, while the mind, reasoning with the help of Words are the movements of the hands that hold the reins, and the chariot is the human body.
And if such order is observed in a person, if a person does everything correctly in life and lives in their mind more than in their feelings or the movements of their mind and body, then such a person is healthy.
and it is unlikely that his movements will be directed towards destruction rather than creation, because it is natural for a person to be peaceful and to create, to improve life and its conditions — otherwise we would not have seen the wonderful creations of our predecessors — truly real people, who are always in a human state, a rational state, are like the Creator — they see, they know, they rule, they create...

And what about those who drink coffee every day or smoke cigarettes, poisoning themselves with coffee and tobacco smoke?
Or about those who have become so engrossed in words that they have lost their sight, and can no longer see other people's faces, because they seem blurred by the loss of their healthy vision?
These people allowed themselves to take in too much destructive and disharmonious information.
energy that has a negative impact on the state of their bodies and minds, causing their souls to darken, and in their minds become dim and not bright.
As our ancestors sang in an old Russian song: “Luchinushka, oh my little torch, why don’t you burn brightly?” That’s because there are these failures everywhere, these violations everywhere, no matter what area of our life we go into.
We looked — and salvation is that everything in life needs to be corrected, understanding both the subtle and the gross and attuning within ourselves both the mind and the intellect, the body and the soul — there should be harmony everywhere...
And those who don’t understand this are left with nothing but to fight in the endless coffee wars that suck people into the emptiness and blackness of non-existence, like black holes of letters of dead scriptures and coffee cups that dry up souls...

# The Most Important Words.

A Glossary

Health

Ecology

Economy

Hygiene

Light

Water

Purity

Harmony

Feng Shui

Qigong

Yoga

Vegetarianism

Ethics

Love

Salvation

# I believe it because it is absurd.

On how the observer of the observable Universe is chosen.
In quantum physics, there is no clear understanding of whether we live in parallel Universes that have independent existence—this point of view is offered by Everett's many- worlds interpretation of quantum mechanics—or whether we are all in a single Universe, and each time we observe an event, we destroy all possible states of the wave function.
There are thought experiments dedicated to Schrödinger's cat, which is undecided whether it is alive or dead, locked by evil

experimenters in a mental chamber with a radioactive substance that can leak from the ampoule — more precisely, of course, the experimenters did not decide, because They're very nervous about the cat, how ethical is it to leave him like that, is it even possible to sacrifice such a mental object for the sake of science, which may also, purely theoretically, have some kind of inner world of its own—that is, perhaps it's not ethical to leave him like that in a chamber with an ampoule of radioactive substance—in short, the experimenters haven't decided yet, sipping their coffee and ruining their health Little by little, destroying their kidneys at the molecular level and, as a consequence, all other systems, and especially the cardiovascular system — it is very important that they notice that they do not understand what is true and what is false.
And I'll tell you what I don't know either, but in my opinion, it's hard to imagine a model in which multiple Universes will exist in the same space, with or without intersections.
All of this, of course, is similar to a wave pattern of interference of many different images, or alpha blending—that is, mixing images in a world hologram.
But we don't observe this in life on a large scale—planets move strictly along certain trajectories, we notice stars in strictly certain positions—but at the level of our mental games—games of our minds—yes, when we think about something, we seem to redistribute attention between two quantum functions—states that originate from the material world, which we perceive through our senses, and on the other hand, they originate from fluctuations of our nervous system itself and also possibly biofield forms of life, which we call our living soul—all this is mixed, but in certain proportions—the dominant belongs "real" material world, and our "imaginary" world turns out to be very weak, like a shadow on a sunny day — but still, in a dream state, we perceive our imaginary world, or perhaps not only ours, as something bright or dim, but not

having a real foundations — that is, again, in the dream state, only a subtle-material, perhaps ethereal flow of information connected with the matter of our soul — the biofield, as well as the soul of the world — that is, a generalized concept that includes many souls or objects that inhabit the subtle world or electromagnetic field — enters our hologram...
So, this is how the reduction of the wave function occurs, that is, the set of states that split our hologram into many mixed variants — this is a very complex process, because it can depend not only on the work of our biosystem, including the biofield, but it can also depend on the action of external fields, the action of agents of the electromagnetic field — therefore it turns out that sometimes we we determine our choice — based on the action of our mind and biosystem, but even then there are contradictions between our mind and biosystem — and who is stronger than whom — can always be different for different people — the biology of the body or the memory of the immortal soul, pure divine light, but in another case, the choice can be determined by the external potential, which is associated with an external system in relation to the system your mind — your soul (biofield) — your body — that is, it can be, for example, the soul of another person, who may be with a body, or maybe without a body, or even some strange radiation that for some reason captured your attention due to some special properties, no, most likely it can be a directly connected electromagnetic agent, or an entity that can transmit to you some state, information, fluctuations, dreams through subtle nanite channels of information-energy, which we still very poorly understand, but this is the future of science and especially medicine, because research into the subtle properties of perhaps the string matter of the soul, different from the atomic, research into the subtle fields of the soul — all this can lead to a different view of mental and other diseases, such as cancer, because it's possible that sometimes people can be

affected by some inadequate people, or by creatures who are inherently not kind, damaged at some point, and who can transmit their negative states, which are essentially just projections of their entropic state.
This can be perceived as a law—if you're damaged, then you're a priori You can transmit your entropy or damaged energy and information to others, which leads to an increase in entropy in the system you share with and can be perceived as aggression — and sometimes it can be like radiation- charged rays, which can even damage tissues — all this is negative, not good, but it is possible and therefore, in order to avoid this as a potential threat, to protect yourself from it, you need to 1) reduce your entropy, so as not to catch those people and those situations that can harm you, that is, transfer even more entropy to you and 2) increase the level of your information, energy, in order to be able to create some protection from this in the future — and this is the most difficult, because how to protect yourself from negative energy rays that have a negative effect on the body and are quite powerful — you need to study materials science, science, electromagnetism, study human physiology, their health, cellular biology, but not only abstractly, but also in practice — how to create conditions that promote regeneration — I write all this for scientists, researchers and maybe dreamers who will then write sci-fi books that will take into account the subtle, biofield factor.
Here I described how the reduction works on a general level, and at the level of the organization of the psyche of an individual person — it works simply — your mind collects a hologram of your feelings, your perception — you observe it, that is, you see, feel, hear — it is somewhere near the body, perhaps inside the brain — it does not matter — we are not given to understand yet, this needs to be researched — this is the science of the future — but then you must understand — that the soul itself, which contains subtle-material flows of

energy-information — from which the mind then collects a hologram — it is connected with the body — and the body is obtained as a crystal of the soul — it helps the soul to maintain its form — a plasma crystal, one can say so, because in part the soul is like in a cosmic experiment on matter — it somehow organizes cellular processes, maintains the shape of the body in a certain degrees, but the body is very strong, and the soul is not so strong — but for the Jedi, the soul has about the same energy as the energy produced by the mitochondria from one body — That is, they have twice as many mitochondria — but this is fantasy, no one has seen the Jedi, flying monks — it's a beautiful legend — but in the legend, perhaps, our future...
Elves also have Faea and it also travels to otherworlds and may not incarnate — this is interesting.
But elves are a natural option — I like it better, since the Jedi are constantly crushed, and they fly in spaceships, and are constantly fussing, and elves only go out to battle with the orcs once every few thousand years...
- you understand that all this is fantasy and reality — at the same time, because biologically and in other ways aspects — all this is possible.
And when I say this — that all this is possible — you can become like elves — beautiful, tall, graceful, smart, charming, elegant, ethical, magical — and you believe — you open a channel of information to this reality, because so and happens — if there is some truth that states that something is possible and you follow it, reproduce it in your mind, dream in your thoughts — you create a new hearth within yourself, which then becomes the center of attraction of your thoughts — and this subsequently influences all your steps, because every time you remember your dream, you automatically create a desire to go and act in this direction — and this is how the development of civilization happens — people who dream, who have a strong thought, they themselves pave the way, the path to their

dream, and if the dream captures everyone — then a road appears that is easy for everyone to follow and milestones and cities appear on this road — and this is how people move into the future — but people like writers — they can create completely new views, ways of thinking — this is interesting — all this is the discovery of new states and areas for the reduction of the wave function — because in fact we live in a society with an education that establishes the dominance of the speech and text channel of information, which we use precisely for the reduction of the wave function of our hologram of life — that is, our every second, every minute, daily choice of what we will do here and now — we thought about whether to read this further — read or maybe leave it and reflect on it — so I have created options for you — defined the context of your reduction, but you can also find other options — after all, your brain can be unique in terms of complementing the context your consciousness.

In essence, this is what the Zeta Reticulans call the area of small fluctuations — by studying in schools and universities according to the programs they created, we gain the context of our reduction — what we will cut off in our lives, and that is why many school and university disciplines contain a lot of negativity — what not to do, what not to do, why it is bad — all this is simply a safety precaution, so that in a complex world, the structure of which we do not fully understand — we could navigate and push off from the bad in order to move towards the good — all this is natural and therefore there is a lot of negativity Even in the school literature curriculum — "to be or not to be" — it's worth reading, to stop being like Hamlet — you need to decide in life, develop natural imagination and for this purpose communicate more often with nature, go outside, look to the stars...

"I believe because it is absurd..." .

They c) p.s.

It’s actually easier to perceive the world as a hologram, in which there is matter and a field, But everything is essentially a fluctuation in the density-state of matter-energy-consciousness, which essentially has a single existence.
In essence, the world is permeated by a multitude of waves that we perceive as images—and these images within our consciousness, our mind, can be controlled, just as we control our fantasies, dreams—we ourselves create variations of images, alternatives, due to the special properties of our soul, perhaps spiritual memory, as well as associations of our body's memory—so the hologram splits into alternatives — but all this happens within small spaces the size of an atom — these are the dimensions of a special space that can be called an individual mind — thus we see different possibilities and different holograms of reality, despite the fact that the world is one and holistic—our consciousnesses and our minds are individual, but they are also parts of this world.
Our thoughts can hardly influence the entire Universe on a global scale—that's too naive—our scale, the scale of our bodies, is very small compared to the scale of the entire Universe—it is enormous, immense, does it have an edge, like the event horizon of a black hole?!
No one knows the answer to this question; perhaps the Universe is infinite, or perhaps beyond its conventional edge, other worlds begin—other Universes that merge into the structure of the Multiverse—no one knows.
But we truly can be kings within our own world, within our minds, managing our lives wisely, governing our thoughts, images, and words...
So We choose our own reality, which resonates with the realities of other people and living beings, Nature and God, who also have Reason.

# About the trinity of mind, soul and body

We can only influence the movements of our body, our thoughts, our feelings can also be controlled, but for this we must learn to manage our feelings as energy.

People of science often have a very complex language, difficult to understand, it can be much easier to get confused in this than to find the truth, because when there are many foreign words in the mind, there is no clarity — we think in Russian to a greater extent, and our language is connected to our world to a greater extent than English or Latin, because our language is very ancient and has preserved images of nature — this allows one who understands it correctly and knows how to apply it to clearly see and feel the world.

There are only three parts that, when combined, give us a person — his mind, his soul and his body — only three, but they are united and connected to each other materially and physically.

And in the mind is what we perceive as our world, our vision, be it a dream or the visible world — we always live and are in the mind and here you see, feel, touch the images of those objects that exist or do not exist, depending on whether you are sleeping or not.

And in the mind there is what scientists call superposition — this is the addition of your thoughts as images and associations from your mind, which come from your brain as electrical vibrations, and which you perceive in your mind as your inner speech, music or your thoughts — and they actually often come from your past, because the mind simply accumulates signals and that is why as we age we often become more defined in their thoughts and behavior.

But is there a superposition in the soul, a summation of different feelings from different sources?

Yes, it is.
there is also, because when you are near other people, they also radiate waves, emotions — it all adds up and that's why we often feel different mixed feelings in our minds in the presence of other people, and when we are alone, feelings can be cleaner and clearer.
Although sometimes it is possible that the opposite is true — in the presence of another person you may feel more clearly and purely, because the state of our body, our mind depends on whose presence we are in, just as if we were in different conditions — in in a noisy crowd where everything is mixed up, there is a lot of fuss or in a Zen Buddhist temple where Peace and quiet next to the master — each person has their own atmosphere of feelings, moods and thoughts, and we perceive each person in a special way.
Volitional control of one's life is possible, but everything that we have accumulated will influence us — good and bad, what happened in life and we remembered it — all this will influence, but we can, with the help of the power of the mind, reduce this influence, make our mind freer in choice, just as scientists do in their research, receiving experimental data and processing it in such a way as to extract the grain of a pattern, to understand reasons and distract ourselves from the experience itself — this is how we get away from the path of emotionality and We move on to the path of intelligence, where volitional control is possible.
Volitional control is possible, but it requires a lot — this quality must be nurtured and cultivated in oneself and in people, through receiving a quality education in schools and universities, through reflection on life events and then through making decisions not based on emotions — feelings, but on understanding — the voice of our mind or vision of the probabilities of the future, which expands and improves due to development memory of images, reflection on pictures of life,

images and events of life — if we see that a person or we ourselves behaved in the past in this way and this led to such consequences, then we can foresee in the present due to the power of our thought — see the possible in relation to our future in the present time with our current behavior — but all this requires exercises in distraction from feelings, contemplation, reflection — this is yoga of the highest levels — yoga that reveals to us the power of our mind, reason and will.

It is indeed difficult to find God in the Universe, but maybe God is simply the Great Harmony, when the entire Universe is united in the center of existence, then we can call it God.

The Indian scriptures say that the God who created the Universe, Brahma, performed a sacrifice by dividing himself into an unimaginable number of parts, which is our visible world, and we are its particles.

Isn't this the story of the Big Bang, which scientists now preach?!

If God sacrificed himself when creating the world, then there is no certainty — determination, there is only a reasonable or unreasonable communication between its centers — we are all co- creators of our world, we create reality, and if we live in conditions, taking into account the peculiarities of how to properly tune our parts — our mind — our soul — our body, so that they are in a state of unity and integrity and fully reveal would be their powers, just as trees blossom, bringing benefit to people with their fruits — like this — we can be more free in our creativity, in our life, we We can be creative, create and produce things that will make our lives happier and more meaningful.

We can escape from the limitations of our mind with the help of science, namely, a conscious understanding of our experience, reflection on our experience in the key to managing our life.

We do not live in a monolith, not in a cybernetic system, our bodies and minds are very mobile, but you just need to understand your feelings, learn to understand how to control them, and for this they It is necessary to study and research, including with the help of scientific means.
Emotions or feelings have a positive, positive power, which is that they can help us move towards our dreams more slowly or faster — to stop or slow down where it is dangerous, or to move faster where everything is good, so as not to miss the opportunity.

# About coffee and other poisons...

Coffee contains not only caffeine, but also more than 300 different chemical substances that are not entirely natural for the human body, or rather, absolutely not natural, since they are carbohydrate oxides formed during the roasting process of coffee beans — so it is actually very dangerous for the body to drink coffee — oxides, that is, molecules damaged by heat treatment — these are the molecules from which the body strives to get rid of in every possible way, since they are not electrically neutral and therefore disrupt the natural cellular processes associated with the precise regulation of the chemical potential of substances — in fact, coffee is a strong toxin, so if you drink even one or several cups, the body reacts to this by releasing adrenaline into the blood — a hormone that accelerates blood flow and filtration of water by the kidneys — this is how the body tries to save itself from the poison and therefore we can feel a surge of energy — but this is false energy, since this causes blood poisoning with coffee oxides and toxins that can accumulate in the cells, since the kidneys, which filter the blood from poisons — they may not cope and therefore oxides can accumulate in the cells, which changes In general, the human condition is the more coffee and tea toxins a person drinks, the more they accumulate in the cells, and the

more a person approaches chronic fatigue, which is simply a consequence of the fact that the cells cannot recover and emit energies that tell us — we are tired, we feel bad — moreover, coffee also affects character; with prolonged use, it forms a subconscious reaction of aggression to everything — so a person poisoned by coffee will behave more aggressively, or, on the contrary, be more afraid than a healthy person not poisoned by coffee and other toxins — that's the problem — moreover, substances contained in coffee, such as acrylamide, can cause cancer — in general, cancer is not a simple disease — it is an extreme degree of disruption of cellular processes associated with a failure in self-copying and cell regeneration — so the accumulation of oxides in the body for various reasons, including emotional experiences, which are transmitted to the cellular level as oxidative stress — that is, increased activity of the mitochondrial apparatus of cells, which also produce oxides — all of this can be a cause of cancer, but in the long term, not to mention of course such disorders as Alzheimer's in old age — so here it is Here's some updated information about coffee—if you're interested, read up on the concept of entropy in physics.

If you learn to understand and apply it, you'll be able to approach life in a completely different way and find ways to live with higher quality.

Since so much depends on how well a person's life processes are organized, with the right information, one can live more than 100 years with high quality, while also prospering and being happy .

Oh, they are.

Instead of coffee, it is better to drink either green tea, or fruit or vegetable juice, or a milkshake with fruit, or fruit drink, or sbiten, or water — green tea does not contain many toxins, but it contains minerals that are beneficial for cells, fruits contain vitamins — which can perform an antioxidant function, that is,

neutralize toxins in cells, help to recover after work — and cells They work very hard and rest only at night when you sleep, so they have a lot of oxides accumulates on its own and that’s why we sigh heavily after work, and if we couldn’t Get a good night's rest, and your cells haven't fully recovered—we sigh—sbiten contains honey, which is easily digested— and really adds good, high-quality, clean, quickly utilized energy—glucose and fructose—this is the energy of the hive—this energy will help your cells buzz—it will focus your mind very well, help you unlock your potential, milk in a milkshake is generally a superfood, because all of us—mammals—are adapted specifically to dairy food from childhood — if you understand this better, then you can eat much less of the substance and at the same time Reduces internal toxicity from food waste—milk leaves very little waste and is very well digested.

When combined with fruits, such as bananas, you can add mood-boosting substances—milk is calming, and bananas create a sunny, positive mood.

Water is the basis — you need to drink at least 3 liters a day, because this is the only way Maintain a clean body because it helps cleanse all body fluids and purify cells — be like a mountain stream — that's what it means to be healthy — when pure water energy flows through you — it also renews the biofield — the energy of the soul is purified, feelings become clearer and purer.

The same goes for air — if you make sure you have a constant supply clean fresh air — this will improve your life many times over.

If only it were so easy to believe a scientific article that coffee is harmless — but the fact is that coffee producers can lobby and pay scientists for their research, making them more dependent, so thank you for reading these lines — maybe that, what I described will be more in line with your feelings, which

in fact are more objective — our feelings and our reactions are the wisdom of nature, laid down We've been ingrained with this for millions of years—I think we're little different from little bugs in this regard, like those little bugs that eat the leaves of a caffeine-containing plant and experience a nervous reaction, but little bugs don't roast coffee beans!

The wisdom is that we are what we ingest, and so if we ingest poisons and toxins, we become poisonous ourselves, but at the same time, we lose our health—which is certainly bad.

I don't think little bugs do this because they don't have the technology to roast coffee beans, but I don't think they would do that to themselves, because what's the point of experiencing convulsions and self-poisoning?!

There's no joy in that!

Only pain and loss of health.

I recently read a book by an evolutionary biologist who studies ants, he is a Nobel laureate, already at a respectable age, and he writes that people, unlike ants, often transmit imprecise information to each other — ants do this with the help of chemosignals, marking the trajectories of paths to important places, such as For example, an aphid pasture on a flower where you can collect nectar and so on — people often transmit false signals to each other that support their status — such signals An example is fast food advertising, which is essentially harmful to the body, but it allows the people who organize the sale of fast food to maintain their social status. This also applies to tobacco, alcohol, coffee, and other products that are high-entropy substances—you can find this term in books on medical physics.

Unfortunately, we live in an environment where the media hinders the development of scientific consciousness, and therefore much of what we consider scientific research is not. Remember that in science, unlike religion, there is no belief in authority, although it is recognized.

Nevertheless, there is the principle of verifiability—that is, the testability of scientific data.
I have researched the issue of coffee in my own practice—coffee is poisonous, harmful, damages the kidneys, oxidizes the body— this is the data from my quantum biosensors, which are embedded in my body.
I think your feelings can also give you a similar answer if you one day become addicted to this drink.
But I don't recommend it, because the accumulation of entropy and toxins in the body leads to dire consequences.
The best cleanser and nourishment for our cells is water and clean air.
They cleanse us and allow us to maintain combustion in our cells.
But for this to happen, we also need food.
And the best food is the fruits of plants or trees that store light energy—sweet fruits, vegetables, nuts, grains, and so on.
The best information comes from our senses and images and scenes from nature...

# Questions for botanists

I'm not a scientist, but I'm interested in a lot of things...
Here's an example of a question: it is known that plants collect sunlight, water, carbon dioxide, mineral substances from the environment and convert it into chemical molecules such as glucose, fructose, sucrose, proteins, vitamins and other substances that serve source of nutrition for humans and other animals, we also know that humans descended from primates, which were initially adapted to the fruits of plants and trees, and lived in the tropical zone — that's why we have developed color vision — to distinguish the color of fruits, as well as signals from different types of life in the tropical jungle — since everything is very colorful there, and color vision is very useful for survival among poisonous spiders, various snakes,

and so on — and at the same time we have practically bare skin that is comfortable for life in the jungle or on the coast of a tropical island or about the warm ocean...
it is known that trees are very good at helping to develop our civilization, but is it possible that it was precisely the better adaptation to trees and their fruits and the symbiosis of trees and tropical primates in the past — about 2 million years ago — that gave a powerful impetus to the development of the human species — I mean that it was this that allowed man to accelerate the process of evolution and begin to develop new environments — since The process of evolution is linked precisely to energy sources, and of course, if creatures that were better adapted to natural bioenergy stations with high productivity*—fruit trees—such creatures could not remain at the tail end of evolution—and, conversely, the energy level of their species increased—they became more mobile, sunnier, thought faster, comprehended, reproduced, and this allowed them to break away from the tropical environment and begin expansion into new environments?!
I just came across articles by scientists on the theory of evolution and some scientists write that we owe our upright walking, for example, to the fact that primates learned to catch fish — and therefore They developed adaptations that improved fishing skills—walking upright to observe prey from above and using sharpened wooden spears, as many human tribes do in the Amazon jungle, for example.
And the second point these same scientists write is that after man mastered fire—a burning stick and learned to reproduce fire—he learned to bake potatoes, which improved adaptation, since more stored solar energy became available—and therefore movement, thoughts, and so on...
It's just that these two points about fish and potatoes — I suspect that they were written by prim people the British, but these are some of the following moments, which rather slightly

influenced the development of human civilization, but at the same time, the evolution of the human species It is probably connected specifically with trees and their fruits, symbiosis with trees – isn’t this the main factor – the main driver of development?!
"Driver" is also an interesting word—"firewood"—very similar—that's what they say in computer parlance —"firewood"—that is, a powerful source of solar energy—that's really cool!—a tree doesn't just store sunlight—it's as if it stores solar flame itself—fire!—it's a very beautiful thing, I don't know how to explain it, but it's like magic—fire descends from the heavens and turns into wood—by the way, there's a legend about the phoenix tree—the tree's name comes from a legend—a belief in a mythical creature—the phoenix, which burns, turning itself to ashes, and then rises from the ashes—what a miracle!
That is, there is, after all, something unified in the Universe—fire—everything is woven from fiery matter, it's just that we observe this flame at a low temperature, so it seems frozen—I heard this somewhere, "life is a wonderful flame!"...
And if you think about it, perhaps the vegetarian forms of nutrition that are now appearing among people as a cultural phenomenon — a phenomenon of rejection of cruelty and violence against animals and the world are evolutionary directions of development — after all, if we are better adapted from the point of view of evolution to the fruits of plants, trees — then maybe this will lead to the restoration of the evolution of the human form and its abilities — some wonderful abilities will begin to unfold in us — for example, biological radio communication — about which there is also scientific information — that is, simply an increased level of energy of the nervous system will give more different abilities — so the work of the head depends on the quality of energy supplied to the head — the work of mitochondria increases, which means more brain cells can be activated and intelligence can increase,

the frequency of brain function will also increase, just like a beehive works — everything is buzzing there, the bees fly — they forage Nectar, if you have honey reserves, you can support many bees — this is also an interesting source of energy for feeding the head, by the way, but still, it is less balanced from an evolutionary point of view for humans — honey has fewer antioxidants that prevent oxidative stress — this is why plant fruits are better in this regard for feeding the body and head — but many people do not understand this — I'm curious, are you interested in such lines of thought?
There's just some other cultural phenomenon — maybe it's subconscious memory or archetypes — but many people are fascinated by fantasies about elves and it's like this a reminder that we have lost touch with trees — that is, people who go against trees and life in general, they are called orcs — and this is something contrary to human morality, and people who go towards trees, cultivate them, make this a significant part of their culture — they are getting closer to the elves — again, the culture of the country of Numenor in Tolkien's legendarium — the best — sea people — seafarers — showed the sacred White Tree in their main symbol — and these people, unlike other people, live for hundreds of years — Aragorn was over 200 years old when he died in a happy union with the elf Arwen)
How possible is it that there will be a significant leap in the development of our biology and our abilities if, for example, we switch to a vegetarian type of culture and how much time will this take under natural conditions, for example, if we take simply the topic of biological radio communication and natural intelligence?
How will there be a change in our How can changing our diet to a vegetarian one impact our culture and lifestyle?
Will we become less aggressive?

For example, which fruits and vegetables are best to eat— which ones have the most energy and are also the most easily digested?
Is it possible to create a complete diet based solely on fruits and vegetables?
I know the answers to some questions, but they are of course my subjective ones, I'm interested your opinion.
Botany, of course, as I remember from school, deals with the study of plants in a narrower context, but you can look at it a little broader, because we really depend on them very much — they are the source of life on Earth and all this must be well understand.
I am a physicist by education, but I like to study other topics as well, although I am more focused on books and popular science films — there is a lot of information there, but there are some key points — the evolution of the human species is one of them — after all, we live in the form that was created in Nature and we have connections with Nature — our very form speaks of where we came from as a species and if we understand this better, then perhaps this can help us improve our form through our daily actions, including through the dissemination of information — in this sense, we are somehow We resemble ants or bees – we leave chemical, sound, and light-optical signals to guide our fellow bees along the paths that have enabled us to improve our lives...
* An important note from a botanist: the efficiency of photosynthesis is not high — about 7-8% for sugar cane, and on average for plants it is 0.1% — this is Wikipedia data, but still, if we take the idea the fact that trees concentrate solar energy and store it in chemical bonds of carbohydrates and other substances in the process of photosynthesis and cellular metabolism of plants — then we can come to the conclusion that there is no other more perfect and harmonious forms of energy and nutrition for humans than the fruit of a plant or tree,

and they do have high energy — for example, the energy of 100 grams of nuts, such as almonds or walnuts, is approximately 600 kcal, which is approximately 1/4 or 1/3 of a person's energy expenditure per day — this is a pure source of complete energy, but digestibility must also be taken into account, so it is possible that other plant fruits would be better for continuous nutrition, nuts are an example of the highest energy density of food sources on Earth for humans.
Dates, for example, provide 350 kcal per 100 grams, which provides enough energy for the entire day in just 500 grams — very economical.
Indeed, this is what people in Africa call dates—the bread of Africa.
The palm tree is truly an amazing tree!
It's important to note that when following a vegetarian diet, you also need to consider the diversity of different plant fruits to maintain a steady supply of all the amino acids, nutrients, vitamins, and minerals a person needs.
This requires careful study!
But you can also simply trust nature and your senses and simply start choosing vegetarian foods.
based on your own feelings and desires — the subconscious often gives the right answers...

# About intuition...

If we take a simple Newtonian model of reality, where all particles have a strict definition in space and time, and a person can only associate and imagine their position in space with the help of the powers of his mind and reason, then intuition is just a way of successfully guessing the location of particles in space and time, taking into account that there are patterns of movement, such as the law of universal gravitation.
If we expand the model to Schrödinger's quantum mechanics and imagine that each person influences the system they

observe, and take into account that there are paradoxes of joint observation and reduction of the wave function of the system's state—that is, the influence of observers on the systems they observe—then intuition becomes an active force in influencing minds on the desired result of the combination of particles in space and time, taking into account the vector addition of the forces of influence of minds depending on their desires.

If we expand the model to superstring theory and assume that there are not only those observers who are connected with living systems, such as living people or animals — embodied forms of life possessing intelligence, but also the possibility of the existence of a soul, and as a consequence the possibility of the existence of minds — observers not rigidly connected with the material world, but to a greater extent existing in the world of electromagnetic oscillations and waves — beyond the spectrum of frequencies and ranges of intensity and speed of processes perceived by people — then intuition can be associated with the transmission of a signal of desires and associations from levels of life that are not fully perceived by us — in other words, with the spirit or collective creativity of the thought of intelligent beings that do not have bodies, but have the possibility of thought as the ability to associate signals without the presence of a material part visible to us — gods, angels, demons, Buddhas, deceased relatives — good or evil spirits.

In other words, in any case, from the point of view of science, there is no future, there is only an eternal now — infinite in space, but there are patterns in movement that can to capture the mind, taking into account the complexity of the mind itself, its capabilities and the complexity of the systems they perceive — therefore, in any case, from the point of view of science and its theories — Intuition is just someone's successful or unsuccessful attempt to predict or foresee events that will happen under certain circumstances, which can be influenced

by causes known to someone — events that can also be influenced by oneself pre-indication.
And the voice of intuition can be the voice of both natural wisdom and the stupidity of spirits and living beings, therefore it is reasonable to engage in the development of thinking, logic, science, to expand your horizons regarding reality in order to have a higher level understanding the patterns of movement and being able to foresee the consequences of movements of objects, people, cosmic bodies, and living systems...

# An important clarification about the time model

For a better understanding, it is necessary to clarify the model of time, because the understanding of time in the everyday sense differs from the concept of time in physics — we are used to associating signals — our words and sounds and creating signals on top of signals — this is how our speech works, but if you turn to reality itself, you will not find time in it — there is only movement in it, which we detect due to changes in the image itself that we perceive — if there are no changes in the image, then it seems to us that time stops — but since We live in a world where we cannot perceive all processes due to the limitations of our minds, then physical time and its exact model is beyond our perception, so we are forced to model physical processes in order to understand what time is — and if we imagine it at the quantum level — time is a consequence of the movement of elementary particles and their vibrations and the associated updates in the images and states of physical bodies and fields — everything is simple — time does not exist as an independent dimension, like the dimensions of space — time is an illusion associated with our ability to read changes in the images of physical bodies and fields that we perceive — that is, it is an imaginary dimension

and therefore the future as such does not exist, just like the past — there is only the eternal now, which is indistinguishable from the image of the visible world for us at this moment moment, therefore it is impossible to foresee the future in the true sense — one can only successfully guess the situation as a consequence of the laws of motion or influence the situation oneself, since the mind has the power to influence physical systems — this is a more accurate model of reality.

# About Yoga

It's a secret, but a person can be aware of himself, his presence, his being all 24 hours a day.
day and night and throughout life, although this is quite difficult, considering that the human environment is not tuned to conservation of energy, and therefore in the conditions of the modern world this is practically impossible.
In Buddhism, there is a concept called shunyata — a person who experiences this state then realizes that he is no longer a body, but a mind, which can be empty and perceive nothing but its own inner space — shunya is the principle of emptiness — 0 — it is not for nothing that the Hindus gave the understanding of the number 0 to all people and brought it into mathematics — in fact, the natural goal of pratyahara is to achieve shunya, emptiness in the mind — when this happens, a person perceives himself as space — these are interesting feelings, but we can approach this even while in our natural waking state — a person who has no pain or tension in the body — already closer to this state, but if the body is in a sufficiently blissful state, and all the needs of a person are satisfied and he is healthy and pure in his thoughts and feelings, like a saint — he can discover this state himself one day, since this state naturally reveals itself when such a person falls asleep — he discovers himself hovering in the void — a seer, a contemplator of dark space.

This state can be followed by dreams and each dream will end in this state until the moment of awakening — I have heard that this is called a necklace of dreams, when a person can be aware of himself continuously all 24 hours a day and see and remember all his dreams — but this is a very dangerous state for an unprepared psyche, since there is a danger of delusions and loss of understanding where the dream is and where reality — dreams become very vivid and real, so a person can get sick — and this is very sad, because in our conditions, even the development of this ability can cause a lot of troubles and that is why people need the moral foundations of yoga and an understanding of the principle — do no harm — but achieving this ability is very difficult, so there is no need to worry about this, you just need several generations of yoga practice to better understand its basics and prepare the foundation — to develop the ethics and consciousness of yoga in people, so that in a few generations people can master these powers, but it is very unlikely that people as a whole will reach this point, since they generally do not observe ethics, so these paths are closed to them.

Yes, dreams can be part of yogic practice — in fact, the classical 8-step yoga of Patanjali includes not only ethical rules such as Yama and Niyama — moral prohibitions and virtues, as well as asanas and pranayama — exercises for the body and training of the respiratory organs, senses and soul, but they also include higher stages such as pratyahara, dharana, dhyana and samadhi, which naturally unfold in a person through the growth of his internal energy and the disclosure of abilities dream control.

At the moment, I only know that information about yogic practice is preserved in Tibet in the form of the Tibetan Yoga of Sleep and Dreams, a teaching practiced by Tibetan monks. But I also know that there is a branch of yoga known as Yoga Nidra, which involves bringing a person closer to a state

between sleep and wakefulness, which improves the practice of dreaming, as it allows, through the development of the power of the mind in controlling the process of relaxation, to approach the borderline state of sleep and wakefulness — all this is very easy to practice and such a practice does not require much effort, on the contrary, it involves an increase in vital energy through relaxation, improved quality of sleep and stress reduction.

Dharana, dhyana, and samadhi are samayama—a natural process that occurs when a person has sufficient bioenergy, leads a sufficiently moral life, and observes the rules of yoga. This all leads to the conservation and increase of bioenergy—prana—and an improvement in the state of self-awareness in dreams.

Dharana itself is the ability to call to attention images and concentrate on them (concentration), dhyana is the ability to examine images (contemplation), samadhi— the ability to extract a seed or comprehend images (understanding) — these three abilities are trained in the process of natural practice of developing the ability to see dreams, since any practice of lucid dreaming presupposes the ability to evoke images in one's own way desire, and then examine them and extract from them a grain useful for life — to understand, so that the growth of the human spirit, the growth of consciousness occurs, so that a person can develop a reasonable ability to control his thoughts and direct them to solving life's problems and solving the most important task that yoga pursues — creating harmony between all beings, so that everyone can feel happiness, love, because yoga is the teaching of the unity of man with the world and God, and this It also involves self-knowledge, healing, and helping other beings to achieve this goal.

Pratyahara develops in the process of practicing yoga nidra, since this skill is associated with switching attention from the senses to one’s own internal experiences — internal

experience, such as contemplation of thoughts, imagination, and so on, but in the limit, this is the ability to stop oneself, stop one’s thoughts and feelings.
In fact, if we lived in a world with uncorrupted morality, where there were no conflicts, yoga would be natural for all of us, and just as flowers bloom naturally, so too would the powers of our soul, our feelings, and the powers of our mind and our thoughts be revealed, but this does not happen due to the fact that people continue fratricidal wars and this damages the natural algorithms implanted in us by God and the angels.

# In calmness and peace...

Space civilizations have told me that they have long been sending messages through artists and their works, so that those who know that this is really so can consciously read their messages left in books, films, cartoons, music videos, music and even in crop circles...
Indeed, what can we learn from works of art, for example, about what other civilizations want to tell us?!
For example, the film "Planet K-Pax" tells a dramatic story about a hero who worked in a slaughterhouse, killing animals for money, and then faces the problem of a maniac killing his wife and daughter.
It's a horrific message, but that's the reality we live in, and there's no other way to get rid of the phenomenon of crime in In our society, we cannot do this except by switching to a different type of diet — a vegetarian diet — which, by the way, is what the film tells us about — the main character after A man falls into depression from terrible grief and is contacted by a Kapexian, a resident of the planet Ka Pax (K-PAX is consonant with the Russian word for crash) — an alien named Prod — he hears a person's suffering through hyperspace and travels to Earth to help the person — essentially, a substitution of the hero's personality occurs — this is a phenomenon of

quantum Entanglement or connection with the creature via a nanite link, or one could call it possession, but only in a positive light, as the alien behaves ethically and helps the protagonist and the people resolve their problems—and even manages to help mentally ill people, who are being treated in a psychiatric hospital where the protagonist ends up after a grief, regain self-confidence.

After connecting Prod to the protagonist, the protagonist's personality also changes, and he becomes a vegetarian, thus demonstrating that nutrition is an important element of developed space civilizations.

The gifts of nature without causing suffering to others—that, in my opinion, is the most important formula for healing, which this film with Kevin Spacey in the lead role offers (message from the representatives of the Pleiades cosmic civilization).

There are other films that carry unearthly messages — for example, if you take all the films about the pyramids and the gods of Egypt — you will find almost all the details To understand why these powerful megalithic structures are needed, as well as an explanation of why it is better not to visit the pyramids — these questions are explored in films such as Stargate, The Mummy, Indiana Jones and Raiders of the Lost Ark — all this is very interesting — you can find out for yourself — but in all the films you will find one thing and also a message — the pyramids are a very dangerous place and it is better not to visit them, as this is associated with the danger of black magic, clashes with ancient evil and the gods themselves — the gods of Egypt say that these are their stories and it is better not to remember them, since now almost everything has sunk into oblivion, and an attempt to find the truth among the stories of the past is very It is not reliable and is akin to archeology, so it is better for you to focus your attention on it on your personal life, and not delve into other people's stories

that happened sometime in the past and Happened to other people or gods—all of this is in the past...
These films also show that what's important isn't the fuss around various ancient artifacts, but love—the love between a man and a woman, first and foremost—your love, and then the salvation of all people! (message of the representatives of the Orion cosmic civilization)
There are other films, for example, there are films that tell about the events in the Zeta Reticuli star system — what happens on one of the planets in this star system — some strange and creepy life forms, which are called predators, seize control of the earthlings' ground station, killing all the members of the station's crew, and then destroying almost all the people on board the ship that arrived at the station...
In general, this is a creepy story — but here we are indirectly told about the problems of the aliens themselves who arrived to us from this star system, although indirectly — they had a complete horror there, so they themselves have a rather nasty character — by the way, it is nasty A completely geometric concept, since the abundance of horror on their home planet led to a well-developed sense of orientation, as well as the ability to biologically communicate.
Essentially, the presence of terrible predators on their planet led to the rapid development of their civilization—the emergence of abstract thinking, linked precisely to the orientation signals they transmit via quantum biological radio channels—to save their people from predators.
Therefore, the "ethics" signal, from their point of view, means an abbreviated signal of the question "how are these?" which turns out to be the most important when you think about saving your people! (message from the cosmic civilization of Zeta Reticuli)
So, I have listed for you just a few films that partly contain messages of real values and cultures of different cosmic

civilizations — you can collect much more details by collecting information from all sources — but on the other hand, this is dangerous, because now there are still problems with demonic creatures on our planet, as well as with earthly entities, which I do not know who creates, I was told that the Earth itself creates them, since it has the creative power to create creatures — weave them from nanite fabric and revive them, so there are creatures that have only an ethereal body, but do not have a material one, like the creatures from the cartoon "Final Fantasy.
Spirits Within" — but this is a problem because the demonic creatures of the Earth and its creations — entities have a violent will towards those who approach the information of cosmic civilizations — and they can also prevent contact with space civilizations, because there are some contradictions among the demonic beings themselves and they believe that the representatives of the cosmic civilizations are alien organisms that should not be allowed to reach earthlings, and those Those who were allowed in need to be taught a lesson.
I don't know whether this is true or not, but in any case, from the point of view of yoga and ethics, it is better not to collect a lot of cosmic and artificial information, since this can really violate the principles of yoga — in the purity of consciousness — and it is best to limit yourself to a minimum of information about what is really important, and what is really important — I have already shared with you — you can read my messages again — the most important message of cosmic civilizations in life is still This is knowledge — this is school — graduating with honors from university — science — engineering — all this is very important, since all this brings people closer to the people of the Cosmos, but the foundation of all knowledge is ethics!

I'll tell you another secret: often messages from cosmic civilizations in art contain a specific color designation — an identifier.
For example, the Zeta Reticulans have this identifier — black and green, since these are the colors of their eyes and body — and in general, such energies are close to them, since black reflects the principle of Space, Emptiness, Mathematics and Geometry..., and green — the power of multiplication of Nature and therefore "multiply, multiply, live" — this is very important!
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They, for example, the X-Files series, the films Alien, A Beautiful Mind, The Man Who Knew Infinity, District 9, by the way, many popular science films and books, especially physics and mathematics, are based on the messages of the Zeta Reticulans, such as, for example, Passion for Particles about the work of the Large Hadron Collider, and so on — there are a lot of them — the Zeta Reticulans mainly lead scientific physical and mathematical line of development of earthlings on the etheric level...
That is, we We think that all the thoughts written by people in books belong to people, but that's not true!
Because around us there is a world of invisible energies, frequencies in the electromagnetic spectrum that we don't perceive—and there's a lot of interesting stuff there!) The Orion messages contain red, white, gold or yellow colors — these are the colors of the Sun, Because for them, the main God is Ra—Joy!
.
Examples include the film Troy, Gods of Egypt, the cartoon El Dorado, the cartoon Sinbad—Legend of the Seven Seas... Among modern cartoons, there's Flow or Straume...

The Pleiadians' messages contain blue and azure, as this is the color of their home star and also reflects the energy of the sea, which is close to their biology...
.
Examples include the films Avatar, Amphibian Man, The Big Blue, and the animated film Aladdin...
There are other messages, too—for example, messages from the enlightened masters of the White Brotherhood—this is absolutely astonishing news, but the enlightened people of Earth—the very best of the people of Earth .
They include Jesus and Pythagoras...)—have not gone anywhere—they are here and work in the etheric field of the Earth, so they also sometimes send signals to their people—such as, for example, Tolkien—the Lord of the Rings trilogy, The Silmarillion, and The Hobbit—all these are messages from the White Brotherhood, which contain key points for understanding moral issues and the evolution of the human species—these books give the main key to human development—that people must become like the elves—overcome rudeness, master the arts and sciences, become non-violent, learn to appreciate the Nature of the Earth, the life of animals, plants, trees, and their fruits, which are metaphorically called Silmarils—jewels containing the Light of Life...
The path of the elves presupposes the development of the immortal soul of Faea...
There, Tolkien explains the cause of the conflict on Earth — a rebellious angel or Valar, who then becomes a demon and defiles the bright land of Valinor — Atlantis with the help of black magic, and he defiles the elves, turning them into orcs, whom he then leads to war against all the peaceful peoples of Middle-earth...
In general, this is partly a fantastic description of the wars in Europe, which of course are not a divine plan, but rather they are the plan of the spirit of evil and the contradiction of the

main melody of God — and God here — the eldest of the Valar — Ea — calmly fits all the dissonant motives into the canvas of life of serene nature, so that in the end it turns out In the end, good triumphs...
And of course, he sends his avatar, Gandalf, the highest of the elves, a magician, to Arda, the Earth, who simply connects the entire story and at the right moment sets everyone in such a way that the history of Arda receives a peaceful resolution and evil is defeated, and Gandalf himself, at the culminating moment after defeating the ancient demon of darkness and fire, dies, and at the same time, the viewer is shown the image of God as the image of the stars and the Galaxy, which Gandalf sees in his posthumous vision, and then he is resurrected by God himself...
By the way, what is interesting in the book "The Silmarillion" is that it also tells about the life of the Valar themselves — God and angels, and it is said that the eldest of the Valar knows about the many worlds and Arda only one of the known worlds created by him — and at the same time all worlds are accessible to contemplation and penetration by the Valar themselves, since the Valar can travel among the stars...
Thus, Tolkien penetrated very deeply into the spiritual aspects of reality and well conveyed this in his works...
But in our reality, everything is a little different, because the White Brotherhood, as we see in our history, is not so strong, but the Zeta-Reticulan motive is stronger, because all people now walk around bewitched by the black magic of letters...
School and university education presupposes a decrease in natural intelligence and figurativeness thinking, but also a reduction in savagery, so that people become less wild, less violent, and therefore in a society in which teachers and school education are revered, crime decreases and intellectual and technical development increases.

And in this vein, our development is now moving in the direction of creating a space civilization of earthlings, although still subordinated to the logic of other space civilizations, but at the same time it is a rather dangerous development, as is now happening due to the spread of nuclear technology and the presence of nuclear bombs in many countries, as well as other weapons.
All this can be very dangerous if humanity does not become more responsible and smarter.
And therefore we need to balance this development with the development of ethics — that is, to begin to care about all people — to make sure that all people live in the world...
And here is another message from the Zeta Reticulans, which they left in one of the fields in Willshire — circles representing the melatonin molecule — these circles appeared the day after the mass murder of people in Norway on July 22, 2011 — this chemical key — the melatonin molecule answers the question of how to prevent future terrorism and crimes — people just need to learn to live correctly, so that they can adjust their lives according to the rhythms of nature, they also need to become non-violent towards life, and their diet should be vegetarian — And in general, we need to reconsider many things in life.
For example, people's habit of drinking coffee or tea every day creates chemical stress, so a person cannot fall asleep peacefully due to poisoning with toxins.
This is the reason why melatonin is not produced at night in people with this behavioral error.
There is also the problem of artificial lighting, which also stimulates the brain, and computer games, and so on, and so on.
All of this needs to be studied from various perspectives in order to understand how to optimize our behavior in a way that maximizes ethics, as well as balance the levels of

neurotransmitters and hormones in people so that everyone lives in peace and calm...

# Contact Features

What can I tell you about how contact with extraterrestrial space civilizations occurred?
It was terrible.
What I wrote to you may seem like something rosy to you, but I wrote I was in a state of nausea, I was shaking because different beings were connecting to me, and different streams of energy were passing through me — mostly negative energy. And I don't know why I deserved this, because I've done nothing wrong in my life.
Even if you take into account the evil I've done to others, it's not enough to explain all the negativity that poured out on me during the contact and before him, because before the contact, the darkness of ghosts had thickened around me — I was tortured in over the course of several months, energy vampires who came for several months to my home and prevented me from living and relaxing normally — that is, they simply stole my energy.
And I don’t know the reasons why such evil can be applied to a person without reason, but there was no reason, since I did not commit any evil towards people or living beings, so that they would suffer because of me, being in the same state as I was under torture.
And I'll tell you how it all happened, because you should know about it.
It seems like on the first of June I just walked past some situation with a girl and two adults — a woman and a man — they were just standing in a store, the man was asking the girl something, and next to him stood a woman and it seemed to me that this woman was her mother, and this man is her friend — I just didn’t pay attention to it, because I don’t have children

myself and I wasn’t interested in it, I just bought bread and went home in this day.
And then I heard some thoughts about needing to help the girl, that something was strange, this was some weird guy, and so on.
I thought it was some kind of paranoia, so I went home and went to bed—especially since I'd been working on an IT project for several weeks leading up to that day and wanted to rest.
Then I woke up to the sound of someone grunting next to me. It seemed to me that it was some kind of devil, and then I again began to think about this girl, that I needed to check who it was with her, but I didn’t check, I went out with the dog to get to the store where they were standing, but I didn't check it because on the way we I met another dog on a chain and I automatically stopped and turned around and went to the other side — back home, so that this dog would not bark, as she usually did when I passed by her.
And I forgot about this girl.
And after three months, energy vampires started coming to me at night, sucking my biofield energy out of me, even though I hadn't done anything bad to anyone.
This went on for 13 days until I went to church—but it didn't help.
I simply prayed, asking for forgiveness and help with this problem.
The next day, I had a dream with a sign from a person I knew who had died.
I heard his voice, and I saw something...
that nightmarish vision that I don't want to talk about.
Then the vampirism story continued, and for almost three months they tormented me and prevented me from sleeping.
When you are deprived of the light of your soul, you feel desiccated and depleted of strength, so How the light of the

soul gives us the strength to cope with the body and think, think, and reason—I lived as if in a nightmare, half-sleep, in which every day I heard the thoughts of some people who were talking about something of their own, imitating the consciousness of people I knew but with whom I had stopped communicating—but I wasn't interested—they were simply mocking me, and every day I had nightmares.

And in these nightmares and conversations, they instilled in me the idea that the girl I was talking about was dead, that she was killed by a cannibalistic maniac, and that it wasn't my mother and uncle, but a strange aunt and a maniac—and I passed by. And I started writing down answers to these thoughts on paper — I was simply trying to explain that I had nothing to do with it, that it was their story, that I was already burdened by ghosts — and this was because ghosts had already interfered in my life before and they did it with violence, so I developed a tactic of ignoring them, so as to escape their influence and therefore I stopped listening to the ghosts, what they told me.

And of course, there were sorcerers and magicians involved here, who secretly practiced witchcraft and black magic, so it turns out that I learned from these vampires that these people I knew were practicing black magic, and I didn’t know about it — but this may be true, and maybe not — I don’t know — I didn’t check, since I’m not interested, because if this is true, then it’s very creepy that among us there are such people who hide their black deeds from other people, and if this is not true, then it might be good, but for me it would mean nothing, since I haven’t communicated with these people for a long time people.

In general, I was in a bad state for several months, I just didn’t have enough strength to live and work, and then some entity contacted me, who said that she was a girl I knew, with whom I treated well, and she invited me to meet, but without phone

calls, and I went to meet her, but what happened next was completely strange.
I started to feel like some kind of worms were being thrown at me, and I felt the person's expression through myself, as if I myself were that person and heard that person's thoughts, but I still didn't know whether it was true or not, I just believed it, since I didn't have enough energy to think about it.
I just wanted to meet this person, the girl, I got on the bus and went to the city, and when I arrived in the city — then the fuss began — they began to offer me different things — to climb a ten-story building and jump, to run to reach the feeling in the heart, to run to that girl, and then go to another girl, and then run from demons that hooked me, fight demons, pray to angels — you understand — it was madness — I just watched this and did what seemed reasonable to me, although I had little criticism — of course, I did not jump off the roof and jump under the car, I did not go to another girl, but I also did not get to the girl I was going to, and being near her house — I just stood and talked to a voice from the night sky — and he condemned me for something I don’t remember what, he said “that I have 200 billion worlds and 6 of them are in disgrace ...”, I did not I know why he told me all this, and he also condemned me for not being sincere, and then I saw some kind of glowing ball in the night sky, and inside the ball there were some kind of legs and arms, and it was as if there was some kind of struggle, and this ball began to grow in size, and then I began to hear a voice that also began to condemn me, and it just suggested that I throw myself under a car, and I replied that I could not do that.
And then I just ran from this ball, and then I heard the message that "Bodhidharma won and now he rules the Universe" — you understand, it was like in some kind of dream, only everything I saw was three-dimensional and real — the brain is not capable of creating this.

And when I was crossing the street, I saw other glowing figures that looked a bit like Transformers—I can't say they were angels—no, they didn't look like angels, although you couldn't call them demons either—I just kept my distance, and they didn't come close to me either, but kept moving away from me. They were different colors, but then I heard a voice from one of them—it said, "Go to war"—and it kept saying it over and over again.

I kept repeating this, then I stopped at a bookstore and I started being judged by similar figures of creatures that I saw in the sky above the store, and on the top floor of the store I saw a crowd of shadows that were trying to squeeze into the music department, but I don’t remember why they were judging me, and for some reason I said that all these books are for bookworms, and someone was throwing worms at me again, although it was simply a feeling that I had already experienced before — before that, the vampires who came to me at night to suck my energy from my body and soul — they threw worms and some kind of bugs at me, and they also threw ethereal slugs at me that devoured my aura — these were disgusting feelings that were accompanied by nightmares.

And so on the day when I saw all these figures, I did not go into the army — I decided for myself that I would rather sit at home and drink tea and eat potato pies.

And I went home, but I didn’t get there right away, I had to walk for a long time, because I took the wrong route because I miscalculated the amount of money, and I was also tormented by the spirits in the forest, they talked to me for a very long time, and offered some strange things, scared me with bears, I saw shadows in the forest — these were the shadows of people who died, they just wandered among the pines, they followed me, but I still got away from them, and they told me that it was Veles who was communicating with me, and I even bowed to him several times and left the forest, and then I went home.

And of course they lost me at home, but when I came home I saw some strange shadows on the windowsill — it was the shadow of a head, and it seems to me they suggested the idea that it was the head of that girl — in general, it was all a nightmare — and as it turned out later I saw subtle energies — they turned on this setting for me — and it was either vampires or some kind of demons — I don't know — I didn't ask for this, but they turned on my subtle vision and I saw what people usually they don't see in our world — I saw a partly ghostly world — I saw some strange creatures that were crawling on the ceiling — some centipedes, then I saw that shadow, and many other shadows, so I decided to have a good rest and sleep, but my mother gave me some kind of pill, and I don't know what it was, because I started feeling dizzy and I was afraid to sleep — and in general, the next day it seemed like everything had passed, but then at night I couldn't sleep and I felt that some kind of unfamiliar creature had connected to me — I felt through myself as if I was wearing the mask of the Egyptian god — Seth, and I felt some kind of grin and he began to talk to me, he said that it was some kind of initiation and offered to kneel before the master, and before that, it seems I felt that my legs were filled with some kind of energy — it was like a beam of energy that filled my legs with metallic heavy and hot energy, in general, this was perhaps proof that these were really gods, then I felt the mask of another god — The mountain and they seemed to be trying something on me, and they showed me the Buddha pose, which I I have to hold on like this, and after that, some kind of hologram with Cheburashka and oranges lined up in a pyramid appeared before my eyes, and then the Zeta Reticulans began to connect to me — and they began to fill me with their dense energy, which was also similar to metal, but lighter, I felt a beam passing through me and it seemed to fill my body with energy, but then it was a nightmare, because they began to tell me

some stories about multiverses and Buddha, who went beyond the universe and they told me about nanite connections and the snake Shesha, which is an ancient symbol of nanite connections connecting all worlds, so then I allegedly heard the voice of Buddha and I even had someone talk to me who introduced himself as Buddha, but I assured him that I had already I was tired and wanted to sleep, after which I started getting electric shocks, I don't know how this is possible, but that's exactly how it felt...

And then there were other sensations — I was tormented by streams of dark energy that passed through my house, vampirism intensified and more beings began to connect to me — there were a lot of contacts — I just lived, but it seems people and other aliens continued to connect to me, but it was with violence — that is, a stream of connections and information simply passed through me — everyone who connected to me said something, asked something, showed something — it was creepy, because all this was like some kind of frenzy without stops from morning to evening — and a lot of information was transmitted to me, but all of it was on a negative wave, almost all of it, since most of the time I was exhausted, and I had to eat a lot to replenish my energy, and I felt sick, my head was spinning — and no amount of Zeta Reticulans could help me cope with it — everything was really bad.

No, they may have helped, but I just don't know the whole situation, because everything I observed was inside me and my feelings, that is, I felt that connect that I felt through myself other beings who told me something, explained, communicated with me, but I did not observe what was happening around me at those moments on the etheric level, so I'm just saying how I felt it.

They simply overloaded me with information.

But more than that, I even heard the names of demons who also connected with me around the same time, that is, close to the time of contact with the Zeta Reticulans, but I don't want to talk about that, although that happened too.
I don't know how true all of this was, but among the contacts that I experienced, there were those whose information I was able to verify and they turned out to be false.
For example, I was given information from a person I knew from the army, but he supposedly died and now he seems to be condemning me for not going to war.
I decided to check this information and this person turned out to be alive, which means that what I was given in this contact was false.
After which I asked this question to the Zeta Reticulans and they answered that it was a simulation — that is, they imitated the information from this person, so I It seemed like I was talking to him.
After that, I stopped believing in my communication with these people and just tried to extract from this there is useful grain.
So you might think that everything I've written is a fairy tale, because there's no reliable evidence to confirm all this information, but if you approach logically to understand how the world works and what consequences will result from the causes of certain human actions, you'll find that there's a grain of truth in all these stories.
And most importantly, if we ultimately raise the level of ethics in our society and reduce the level of violence in any form towards anyone or anything to 0, even the possibility of violence will disappear from society, and society will begin to heal, so that living in such a society will be much safer for all people, including children.
So, it turns out that more than a year has passed (1 year and 5 months) from the moment when the attacks from the ghosts began on me — and this still continues, although now with less

force — and I have already got used to it a little — I learned to turn off the entities at least for a while, stopped receiving signals, worked on my health so as to bring down the coffee poisoning that followed the moment when they began to scare me that worms appeared in my body — in general — this happened — the entities suggested I was told this thought — and you must understand that it was not just a suggestion — but I simply heard this thought as if from the outside — when you have a high sensitivity to the biofield — You can hear people's thoughts, or the thoughts of ghosts, which they leave in space and especially in rooms where the sound of thoughts reflects off the walls — creating a repeating signal — it's a nightmarish feeling, like a bell ringing!

And it’s scary, but no angels ever helped me with my energy, and I went to church and asked for it, it turns out that this story about guardian angels is also a deception, because That they didn't help me, and I was baptized.

And then they didn't help the girl, although I don't know any confirmation of this story here, and honestly, I wouldn't want to know, because it's terrifying—that's what the sin of meat-eating and poisoning oneself with toxins can lead to—all this leads to mania, when living in society becomes unsafe, and it's especially unsafe for children, so it turns out that this vice needs to be eliminated from society, all slaughterhouses need to be closed, the torturing and killing of animals needs to be stopped—that's what needs to be done as quickly as possible, so that all people simply learn to live without violence and become peaceful.

And all wars need to end as soon as possible—because people are dying and evil is multiplying— We all just need to start thinking about peace, about how to help all people live in peace — that's what What needs to be done is to think about how to stop wars once and for all!

And then I’ll just say that these connections, all of this is very bad, and I’ll tell you, if you encounter something similar, and you will know that you are not guilty like me, you just passed by, if something happened, it’s not your problem and not your concern — it’s just like that speak up, because these Zeta-Reticulans, vampires and demons and other genies are just sadists — and under no circumstances agree to connect any radio modules to you, put on protective etheric supersuits — because in practice this is just ass — they will mock you if you do this, so just if with you Some kind of set-up has happened, clouds of evil have gathered around you — go to church and talk to the priest and explain to him at least every day that you are not guilty and pray, stand in church in front of the icon, but it is better to tell the priest or matushka that you are not guilty of any sins of other people — because it is simply a real horror — to endure all this fuss!

But moreover, fallen angels also cannot be punished, because they have powers and knowledge when they are in the etheric field — but they are not fair, because they believe that they can simply scatter their evil spirits among people, and people at their own discretion Managing them is bad — they need to be caught, and that's why we need to develop technologies ghost hunters — because now we need to regulate what's in the field electromagnetic — and there are many criminals there — criminal souls — they all need to be caught, because they sow evil — and for this, it is simply necessary to develop electromagnetic devices so that it would be possible to cleanse any city of negativity on the etheric level, that is, in the electromagnetic field.

In general, I told you about it, so far everything is very bad both at the top and at the bottom.

p.s.

Basically, throughout my entire contact, I spent most of my time communicating—I'd still like to believe it—with beings of light.
I'm simply outraged by it all; it was difficult to cope with.
It's simply possible that the following happened: I found myself at the center of God's attention, and when that happens, you attract both beings of light and dark, and they all have different origins, goals, and experiences, and therefore their messages are different.
But what's interesting is that one day, for a moment, it seemed to me that the spirit of the Earth itself was communicating with me, connecting a large number of people I saw with me.
And this was very strange, since the Earth's main message was that we are poisoning it—that all this soot, grime, all this smoke—all this is preventing it from breathing, and yet it thinks just like us, only its thoughts are its beings.
And these beings are now behaving very disgracefully, because man does not observe ethics, that is, he himself, like a maniac, kills living beings— animals and plants — you can't do this — you need to correct all of this.
And vampirism is also a disease in our world—it needs to be treated.
And I've already answered this question—you just need to observe ethics, and not fly or steal energy from people in Navi, but simply live like a human—stand firmly on the ground, go on hikes, love the Sun, work, eat vegetarian food, maintain a healthy lifestyle, and if there is mutual love, then start a family and raise children, but not just anyhow, but teach them.
First of all, they say that you can't talk to adult strangers and you can't go anywhere with them, and in general you need to run away from them if they offer or ask something, because among them you might come across a maniac or a freak, and this especially applies to people who deal with chemicals and have unhealthy heads — that is, you understand that now We

need enhanced safety rules for living in society, and this primarily concerns children—they need to strictly adhere to these rules to avoid such disasters in life.
It turns out that among people there are those who, simply because they constantly ate meat and poisoned themselves with chemicals, turned into an orc, a troll, or an ogre—all those fairy-tale characters.
We need to be very careful about this, because a person's appearance speaks volumes about their morality, and if they are too fat and overeat, and cannot live without meat, this should be a very alarming signal.
Such people should be avoided, and it is better to treat them with a vegetarian diet and physical exercise—otherwise, such elements can become very dangerous, especially for children, since children are poorly protected from adults.
uncle and auntie.
And that's why maybe in childhood it's worth reading children fairy tales about Bluebeard, about cannibals who can eat a child, so that children are afraid of such people — fat people and gluttons, because that fear can save a child if you teach a child to run away or escape from danger — you need to be very careful when raising children.
So I think the Zeta Reticulans are right in that we simply have to eliminate our bad habits and start living a healthy and fulfilling human life with normal ethics, so that in our society there will no longer be such vices, and all people will become vegetarians, study well and excellently in school, and finally begin to decide Serious life challenges such as protecting the Earth from space threats, improving the environment, and raising the level of ethics in society are all very important challenges.
So, that's all I have for now.

# Lucid dreaming in practice

In practice among Tibetan monks, as well as throughout the world among Lucid dreaming practitioners. There's complexity —black magic and entities, and also ghosts that spread this debauchery.

And if you read "Tibetan Yoga of Sleep and Dreams," you'll find information there about dakkinis—demons or female ghosts who appear to monks and tempt them, forcibly distorting their visions so that they become their nightmares... And in our cities it seems the same thing is happening, because those people who are trying engage in awareness of one's visions or meditation — people are haunted by ghosts and demons, and also demonic entities that are not benevolent and vicious in nature — they send bad visions to people, so that over time a person loses any desire to engage with your dreams.

I heard through the ether that the Zeta Reticulans support this, since it reduces the coefficient of nonlinearity of interactions, since the evil that spreads in the etheric field extinguishes itself, and good is suppressed, thus the struggle between light and dark forces disappears from life, but at the same time the nonlinearity of interactions is reduced, which can make life unpredictable on the etheric level and how the consequence is life on our material level.

But they can say anything, they have a lot of stories, they talk about mathematics and statistics — that there is a process of averaging morality between light and dark beings — having different experiences — predatory and non-predatory, originating from the animal world, and the experience of angels, which follows from the world of divine creatures, but in essence it turns out that everything that happens is connivance with the evil spirit, which can freely spread across the Earth, so

that this evil spirit can take over the minds of light people and turn their lives into a nightmare — and nothing can justify this.
In general, you should know that without the use of electromagnetic technologies and protective devices that block the presence of evil spirits near you, practicing lucid dreaming can actually be a mockery of the spirits.
So we really need to grow up in this regard.
We need etheric protective devices that will create radiation that will make the presence of evil spirits near a person practicing lucid dreaming impossible.
And I don't know how to do this, because it will be difficult to come up with, since in practice, if you start this to do it, then you will most likely begin to create obstacles — because the ghosts in basically they are criminals and damn cowards who are afraid of being discovered and caught — in practice we need prison and correctional facilities for many spirits — on Earth the invisible evil is dispersed — the ghosts of criminals — that is the reason for wars, aggression and conflicts that have been going on for several thousand years of human civilization's existence — it is the ghosts with corrupt morals that are the source of our world's troubles and it must be eradicated.
And Buddhist monks will be trying to figure out all these stories for a long time, but keep in mind that they have a bad climate, so their whole life is slowed down like frozen water in a waterfall — drop by drop they will move towards the truth, sometimes freezing, sometimes melting.
But the truth is that there are other examples that indicate that lucid dreaming and Achieving an energetic double is a reality, and shared dreams are also possible, when a whole group of people can see the same dream — all this is in the stories about the Indians, but you just need to look for and find such stories — it's all true.

I read Tenzin Wangyang Rinpoche's book on this topic, Tibetan Sleep Yoga and Lucid Dreaming, and there are detailed descriptions of dreams he had — but they were Dakkini nightmares are just horrible things that you don't want to study. And essentially the same nonsense is in the books of Carlos Castaneda, although his books contain more ideas and concepts, but the content of magical and dreamlike experience is essentially nightmares, so that this is reality.

I've been recording my dreams for almost 10 years, and I've come to the conclusion that most of the dreams I've had were transmitted to me by entities, as well as the ghosts of deceased people.

This became especially noticeable after I moved to a private house near a cemetery.

I didn't know about this for a long time—I was just keeping a dream diary—and then I heard something on the air—and for the last two years, I've often had a keen sense of hearing, hearing very faint signals—people I know who have passed away were saying that ghosts were wandering around the cemetery, and because of the SVO, this phenomenon has worsened, because some of the ghosts from the site of the conflict are moving to places they once heard about.

So it turns out that the number of ghosts in our area has increased in the last two years, and the dreams have partially changed in nature—for example, in one of my dreams, I saw missiles flying at Ukrainian civilians from the Russian side—but that's just the plot of the dream.

I also saw people from Ukraine who told me they were peaceful people, and showed me this—therefore, these could be ghosts of people, and dreams can serve as a means of communication with the afterlife.

Although we call it the afterlife, it is still simply life in the ether or electromagnetic field — it turns out that we simply do not understand life on a more subtle level.

The Tibetans have a book called the Tibetan Book of the Dead, and there, for example, there is a description of spirits that look like blue balls, or red balls — these are the souls of highly developed beings.
creatures — they can meet the soul of a monk after the death of his body — and it is described there, what is interesting is that this book was quoted by Seraphim Rose, known as an Orthodox Christian popularizing Christian teachings through books.
So it turns out that the phenomenon of sleep is very well studied, if you pay close attention to your personal experience and the literature.
There must be a lot of evil and bad things in the planet's etheric field.
creatures, since the plots of nightmares are repeated from culture to culture — I believe that this happens precisely because of the metaphysical conflict between angels and demons, who were also once angels, but why this conflict occurred is not entirely clear to us.
In any case, the idea of ghost hunters is very good and promising as an idea of regulating life on the airwaves based on the rules of morality, law and order, which have not yet been written.
for ghosts — but we have to start taking steps in that direction because Otherwise, many of the nightmares will begin to come true, and they are already coming true, because the history of more than 3,000 thousand years of wars is an example of many such nightmares — all this can be avoided now if we work on our electromagnetic technology more thoroughly and finally discover the phenomenon of the existence of ethereal life, and learn, if not to control it, then at least to contain it — because further it may become unsafe at our level of technological development — theoretically, man-made disasters are possible due to the influence of ghosts, such as, for example, the

explosion in Beirut — and this was an example of a chain of strange coincidences that no one among people calculated — I think they were demons.

# Microcivilization hypothesis

What if we really don't understand matter correctly, so that it seems to us that at the nanoscale and microscale levels the intelligent properties of matter are not sufficient to organize anything even remotely similar to microorganic life with the ability to self-replicate and adapt to systems and environmental conditions exceeding these scale?!
Perhaps one day, on one of the distant planets, the intelligence of a single atom will be enough to animate the entire surface of the planet and begin a global expansion of life beyond the Universe into the realm of the Multiverse!!!
Perhaps our God knows how to create life because he himself was once the creation of a civilization of intelligent beings that preceded him, generated by a civilization of beings from the nanoscale, from a single atom, on one of the distant planets that existed long ago in one of the many Universes?!
Atom is Atman...
About neurotransmitters, hormones, and feelings Currently, we know that there are about 19 major neurotransmitters and hormones — chemical substances of the brain and body that play a role in controlling brain impulses and bio-emotional radiation of the body — the human brain contains many regulatory networks that are controlled by the action of chemical substances called neurotransmitters, which regulate the frequency modes of brain circuits — by lowering or raising the frequency of the circuits, so that it affects its activity, and therefore and on human behavior, hormones can also influence its activity, but they also act more deeply, changing the regulation of the cell at the nuclear level and influencing the bioemotional electromagnetic radiation of cells...

But here is the mystery of cellular biology: how does all this affect our lives?
Why do we experience emotions, and why do they influence our lives at all?
Is it possible to manage our emotions so as to optimize our lives, making them calmer and perhaps sometimes more filled with pure feelings?
Yes, this can be done, but all this must be based on scientific data and the development of your quality of introspection — that is, the ability to observe your states and draw conclusions. regarding how you can regulate your emotions yourself...
I will list 15 major mediators and hormones and arrange them in a way that will make it clear to you, that they are logically ordered and responsible for certain behavioral options associated with life situations, starting with negative ones — those that slow down our development and stopping us, and ending with positive ones — accelerating our development and increasing our activity:
1.
Vasopressin -- Inflammation and pain -- emotion of pain inflammation to eliminate intracellular damage
2.
Adrenaline — Fear — a passive emotion for running away and protecting yourself from danger
3.
Norepinephrine -- Anger Rage -- an active emotion for eliminating danger
4.
Cortisol -- Sadness Melancholy is an emotion for survival and focusing the body's resources on survival with a lack of resources and limitations
5.
Ghrelin — Hunger — an emotion of lack of nutrition and glucose molecules

6.
Melatonin -- Deep rest Sleep is an emotion for immersion into a state of sleep, rest, reducing the activity of all cells, to cleanse the body and regenerate damaged ones molecules
7.
Anandamide -- Bliss Noise reduction and improved focus -- emotion of focusing attention for concentration, reflection, observation, contemplation and meditation
8.
GABA -- Inhibition -- the emotion of stopping activity, interrupting activity, lowering of brain frequency
9.
Glutamine -- Excitement -- the emotion of the beginning of activity, increased activity and attention, increased brain frequency
10.
Serotonin -- Awakening and well-being, feeling of light -- the emotion of increasing brain frequency, excitement of activity during communication, and good health and nutrition, being in open space in the sun and light
11.
Acetylcholine — Motivation to move — the emotion of the desire to move, motor excitation, increased body activity
12.
Endorphin -- Surprise Pain relief and improved focus -- emotion attention, increasing attention to a new signal, enhancing the orientation signal for information retrieval
13.
Tyrosine -- Communication -- the emotion of increasing brain activity to communicate information to people and communicate when speaking
14.
Dopamine — Joy — the emotion of joy from movement, play, food, life, discoveries

15.
Oxytocin -- Love -- the emotion of love and acceptance for establishing symbiotic relationships, procreation, establishing friendship, helping living beings Here, all the substances are neurotransmitters and hormones that enhance or weaken activity in given directions, so it turns out that up to 9 there are substances that weaken developmental activity, but increase activity aimed at survival, and after 9 come those substances that increase developmental activity, so it turns out that these are the very substances that are responsible for the bioemotional reactions we know — negative and positive in our lives, with the possible exception of two more substances that I did not include here in the list, but they can also be included:
1.
endogenous atropine -- Nausea and a feeling of darkness -- an emotion that increases orientation in in a dark space, responsible for the reaction of nausea and the search for landmarks for salvation life 2.
ATP -- Power -- the emotion of excess power or a feeling of energy, as these molecules are responsible for charging all intracellular nanorobots with electromagnetic energy In general, it turns out that the first can be attributed to the beginning of the list, where bio-survival mediators are indicated that inhibit development, but increase the likelihood survival, and the second one is at the end of the list, where development-enhancing mediators are indicated, but If we take into account that there are divergent associative networks in the brain, then the increase feelings of strength and energy can lead to inaccuracies in association, so the second the substance may rather reduce the desire to survive, since the vector of possible reactions acquires a larger dimension with higher energy in some cases, and in some In cases on the contrary, ATP will help to focus on survival, because a survival program may be in

effect, which is associated with the Adrenaline or Norepinephrine molecule — an extreme program, therefore the role of ATP is rather neutral, so ATP will most likely follow Melatonin in the middle of the list, especially since the meaning of sleep, as a type of activity, is partly to recharge ATP after prolonged cellular work, taking into account the restoration of cellular damage and the filtration of metabolites that create a feeling of fatigue and congestion of the cells, and the associated feeling of heaviness in body — that's why when we wake up in the morning, if we are healthy, we usually feel light — this is one of the important criteria of health.

To this list we can also add hormones associated with a person’s gender – male or female.

For women, testosterone or estrogen—these hormones create feelings of attraction and acceptance of the opposite sex, so it turns out that they also participate in regulation, albeit in a specific way—and their effects must also be taken into account.

Testosterone tends to have a negative effect on character, as it imparts a certain roughness, and therefore a man This is an emotional -, while a woman who naturally embraces acceptance and relaxation is more likely to be emotional +.

But this is all theory; in practice, differences in hormone levels are individual, so you can encounter different personalities, although of course, one could also think the other way around —different personalities influence hormone distribution differently—and here, the body's response depends on the desires and movements of the soul.

impulses of the soul and accordingly change the distribution of control molecules in one or another in a different direction relative to the emotional zero, positive or negative side — the essence of the idea is that there is an emotional + and this is the development of qualities, learning, love and so on — positive states, and there is an emotional — and this is survival,

struggle, patience, difficulties — both are important for life, and states near 0 and the substances associated with this are a guarantee of emotional stability and therefore you can meet different people — both balanced and unstable emotionally — and of course, it is wiser to be stable, to have peace — and this should be taken care of from childhood — teaching children precisely to be in peace, to be able to curb emotions, or allow themselves to be happy or angry when it is appropriate — that is, there should be an intellectual conscious regulation of emotions — this is a more perfect approach to life.) In general, you understand — there is emotional +, there is 0 and there is -, and accordingly, all this affects memory, learning, memorization, experience — if we experience negative emotions — This repels us from such experiences, while positive ones attract us, and the absence of emotions and the bliss of contemplation and rest allow us to restore our strength, since naturally we are always damaged by one factor or another, and we also need renewal, we learn and grow, so this has a positive effect on our growth...
So everything is comprehensible, but in practice we are given only emotions — and radiation — vibrations of cells, so just notice at what emotions and frequencies you vibrate, how you whether certain substances that you receive with food influence you — for good or for bad, also evaluate the moments of how certain substances and situations influence your life in general over time — and then you will be able to build more optimal routes in life that will contribute to your development, the growth of your strength, love, joy, feelings of light, happiness, bliss and reduction of negative feelings — everything works exactly like that originally, but now your consciousness, if you accept such information, is optimized and aligned with your subconscious — so you can Now you can better understand yourself and move more holistically, creating inner and outer harmony and enhancing your natural abilities...

And there's another point: we need to study each substance in more detail to understand how the game plays out at the molecular level, depending on life situations, but I'll cover that in the next post...
All this also needs to be taken into account And so I showed in my previous message that life at the cellular level and cell radiation are regulated by 19 substances, which are the basis for establishing chemical communication between cells and switching cells into special states associated with adaptation to various life situations.
And so it turns out that all these substances depend on the set of substances that we receive with our food, and therefore it is wise to understand nutrition starting with nutrition with milk containing a suspension of essential substances and nutrition from plant fruits, which supplement the nutrition with substances that contribute to the development of the human condition, the light of his consciousness and contribute to an increase in life expectancy...
"The light of the trees" — this is how Tolkien poetically expressed the power of life and the light of consciousness that is given trees to the elves, and therefore we must understand the diversity of plant fruits as the diversity of precious stones — silmarils, which can serve as a source of long life...
Trees live for thousands of years and thus people who feed on their fruits can live for thousands of years...
And the whole secret is hidden in the light that the tree weaves into the molecules of substances collected from the Earth's atmosphere and from the soil, creating a plant fruit that has pleasant taste, aroma and color, and is useful for our growth and healing...
It turns out that we can understand chemical substances on a deeper level if they are connected to our emotions and the bio-emotional radiation of the nuclei of our body's cells, and in general we can read the messages of other organisms through

the perception of their colors, tastes, and aromas—as messages about their energy—what quality of emotion and character a plant fruit can give us if we feed on it long enough...
And so it turns out that we can find that such a fruit as an orange comes from an orange tree can bring us a message of sunny joy that will make all people more joyful, and therefore capable of discovery, exploration and movement, so that in general, regulating our diet in such a way that it supplies us with those substances, that give us positive feelings in the right proportion — we will be able to move towards development and improvement of our lives faster than we can imagine, because that emotions, when viewed from the perspective of their influence on our lives through the prism of time, inform us of the nature of our movement—what we are more predisposed to—toward self-preservation and the protection of the lives of our loved ones, toward contemplation, self-healing, and self-exploration, or toward connecting with each other and developing our civilization...
nutrition in any 0 and +, so it turns out that we can tune ourselves to a certain state.
There is a — here, but proper case shifts us to a positive area — the area of development — because if the need for nutrition is satisfied, much falls away, since many substances are produced in us from a lack of strength in order to prevent the dissipation of energy — and hence comes our laziness, which can be overcome simply by understanding proper nutrition and a healthy lifestyle, including aspects of proper mineralization with the help of soda and salt, proper water exchange, proper breathing and clean air and the environment around us, the correct form of housing, order and hygiene, as well as an understanding of the insolation factor, an understanding of labor safety and necessary work, and communication, and aspects of internal discipline, which will allow you to lead your own development, using your mind as a tool for working with

information and thinking about life situations, so that Each situation served to improve human behavior and perfect human culture, under conditions of communication with other people, so that they would make the necessary corrections to the general intellect...
So, in general, it turns out that we understand that we can either fight with each other, with life, being in negative emotions that dissipate our energy, or move forward into the future, develop our civilization, improve our communication, make each other smarter and so on, create more perfect people of the future through correct intelligent life, because if we understand the world deeply enough — at the level of quantum and string physics, understanding the holographic nature of the mind, electromagnetic the nature of biofields and bioemotional radiation of cells as a means of communication between our minds and our bodies, and we also understand well the principle of conservation energy, and the principle of entropy minimization, as well as improving our intelligence in communication — all this can give us enormous advantages in our lives if we begin to act in a way that takes into account all these aspects, including the moment of quantum biological modeling of various life processes, such as conception, birth, childcare and raising children, educating children to be more intelligent and smart — we can do all this today if we just distract ourselves from the standard algorithm — study — work — marriage — birth of children — old age — death — we can make smarter algorithms — for example, before the birth of children, we can prepare for birth — healing our own bodies and reconfiguring ourselves to a healthy and vegetarian lifestyle with high mobility and yoga — to achieve optimal state of the body at conception — this will increase the likelihood of having healthy children — but if we generally behave this way from the very beginning of our lives so that damage does not accumulate in our bodies, understanding a

vegetarian diet as the most optimal, and the need to monitor the parameters of our bio-emotional state and regulate it to always be in an optimal state — this is generally will change the entire state of our society and the quality of health in future generations will increase significantly — there will no longer be myopia associated with the fact that you can’t overload emotionally stressing children in schools and not monitoring their workload, but rather creating more optimal educational plans that take into account the state of each child, so that they will always feel in a healthy, joyful mood conducive to learning — everywhere we can make optimizations that will improve our lives and raise their standard, so We will begin to feel that we are no longer in hell due to our own negative emotions associated with the lack of tuning and aggressiveness of the technological and social environment — we must leave the zone of bio-emotional hell in the area of bio-emotional and cognitive paradise, when each element of society will feel like a bee working to achieve a common goal — the development of the hive — the development of human society and civilization, but for this we must apply many step-by-step optimizations and integrate bioemotional literacy into our curriculum so that everyone can regulate their state to achieve their optimal capabilities...

It's scary to put a spoke in each other's wheels every time — to conflict, to talk empty talk, to try to stop each other because someone doesn't have enough intelligence to be in a good mood — sick people with sick bio-emotional radiation such as fear or anger, or sadness — make all communications sick, since we all feel the radiation of other people when communicating — it's time to start taking this into account — and to impose fines on those people who emit negative energy — this is where the improvement of future communications will be — people with sick energies will no longer be able to occupy leadership positions, and if necessary, they will be

transferred to indefinite rest and prescribed appropriate recommendations for their treatment diseases that are simply manifestations of their improper upbringing, behavior and disruption of their biosystems — if we want to build a truly more intelligent and a reasonable world — we need people in management who have increased these qualities...
To take a step into the future we just need to take this aspect into account, because our bodies are not just molecular constructors like Lego, but they are also intelligent systems with built-in regulatory mechanisms based on on the generation of electromagnetic fields and energies...
And these are just our bodies — and we also have There is a soul, a mind and feelings — and all of this must also be taken into account...

# Live longer and prosper!

There is a course on the internet — neurophysiology of the brain and central nervous system, taught by Stanislav Vyacheslavovich Dubynin — I recommend you find this course and study it accordingly — all this is necessary for understanding how processes operate inside the cell and at the level of the nervous system, you can also familiarize yourself with other courses on human physiology and other disciplines on this site, but you you must understand that the body is the foundation — it is your temple of the soul, and if you understand how everything works in it, and how your daily actions will affect its life — this is already a very big plus for you, since you will be able to begin to control yourself on a more subtle level, so that you will come closer to the ideal of a person who no one can just force to do anything — this will give you even more depth in your ability to control yourself, since you will then understand how, through nutrition, breathing and other factors, to regulate yourself, your mood and your own life, so that you are always in an optimal bio-

emotional state of joy, happiness, calm, and if you have a moment of negative emotions, then all this will be more stable and manageable, so that you will not succumb to panic, but will understand the nature of your emotions, on a subcellular and quantum level, so you can handle it easily.
Dubynin has a couple more good courses; I'll send you the links later, but you can find them online yourself—a course on immunity and the connection between the immune system and the nervous system.
That's also a very useful module of information.
It's on YouTube—you can find it yourself.
Be sure to study it to understand how the immune system works and what steps you can take to strengthen this ability and this system within your body.
It turns out that knowledge of physiology, neurophysiology and immunity is very valuable knowledge, since it allows us to literally raise our health to a new level if we Let's start applying all of this — and it's all very easy to do, you just need to read, listen, and absorb it all — and then you will automatically notice those moments in your life that are not rational and you can improve them — this is natural — the information in It plays on your brain — it becomes associated, and thus you will come to more optimal rules of life and, consequently, you will be able to live longer and prosper!

# Night on the Galactic Railroad

I recently watched a Japanese cartoon called "Night on the Galactic Railroad" — I was very impressed by the cartoon — I think that this is another message from the center of the galaxy to us — sinful people, and this cartoon also shows who the real people are in our world — those who eat apples and vegetarian food, and thinking about salvation...
So it turns out from the point of view of the galactic center — the majority of people are furry cats, of various colors and

patterns, because they feed on the corpses of chickens and birds — that's how it is — such a turn of events — and especially the bad ones — they also dig in animal bones...
But we could eat walnuts instead of meat—cat food!
Just think about tree propagation—it's so simple!
And the man smells of apples...
And here is his stop — a cornfield...
A cartoon about compassion and salvation—what's most important to humans?
Cats think about food, and humans think about salvation!!!
But humans smell like apples...
That is, it is important to save all creatures, including animals, and even birds and fish — therefore They must not be killed or made to suffer — this is entirely in line with the spirit of world religions!

# Message from Angel Kryon

This is not channeling. I currently do not have a channel for communication with the angel Kryon.
However, I did have a brief conversation with him.
He drew my attention to the principle of energy harmonization and stabilization, as he often uses this principle to control processes in the planet's electromagnetic field.
The angel Kryon is known throughout the world as a being sent by God to Earth to control the Earth's electromagnetic field and other processes currently occurring on our planet and in human civilization, namely, the construction of a new band of emanations at the level of the energy field—the digital world.
According to the books of the renowned anthropologist Carlos Castaneda, one can learn from the words of Don Juan Matus that there are approximately 48 bands of emanations of living beings on Earth, intended to create levels of reality of consciousness of various beings such as humans, plants or animals — these are all levels of reality that belong to the

energy field of the planet and in essence these energy channels entangling the Earth represent the levels of its consciousness and subconsciousness, since the Earth is a living superorganism endowed with consciousness, but unimaginably more complex than human consciousness, so that human consciousness acts as an information unit of the Earth's consciousness, and the Earth has a large number of such units, since each living species is a set of such units and it turns out that The energy channels connecting closely related species of beings in the consciousness network are the levels of consciousness and subconsciousness of the planet itself.
I think so, but I could be wrong.
In any case, this is an interesting topic for reflection.
After all, if the Earth is alive and has its own assemblage point of perception, as described in the books of Carlos Castaneda, then the information flows within the Earth's psychoenergetic field must somehow be unified, and these connections can be called the Earth's emanations.
So now the angel Kryon and his group of beings are creating a new digital reality—a digital world that will enter the planet's consciousness as a higher level for managing other levels of its consciousness and subconsciousness.
This means that the Earth will become more intelligent, since the information accumulated by humanity on the internet will become accessible for observation and, subsequently, for control by the consciousness and spirit of our planet, which the ancients The Greeks called Gaia—the Earth is alive, and it can control the consciousness of its beings by sending signals to people through its etheric electromagnetic beings, but so far people know little about this.
And of course, now a negative signal is coming from the Earth; it stops people by sending them bad thoughts and feelings, disturbing them with its nightmares, because people are to blame themselves, since they do not know what they are doing

when they kill living beings—in essence, they damage the planet's field, since all beings on Earth communicate through the Earth's emanations or electromagnetic information links, which can be considered the internal network of the Earth's consciousness and subconscious.
The killing of living creatures on Earth and the destruction of the planet's species are unacceptable —the Earth feels all this —it feels all this as pain, resentment, and bitterness; it feels all the poisoning that people cause with their crude technology, destroying the planet's ecology...
All this is unacceptable.
People need to change technologies and work on restoring the environment — this is the only way we can lift the curse of nightmares, vampirism and demonism from the human world, because all of these are simply manifestations of people's impure will and incorrect understanding.
people of their role and their place in life on this planet...
God conveyed information through his messengers that he wants to see a Garden of Eden on Earth — this must be taken into account.
Therefore, the cities of the past must be gradually dismantled and replaced with the cities of the future, built according to the designs of Jacques Fresco and the designs of other architects and engineers that take into account a comprehensive cybernetic and ecological approach to the construction and technologies of human civilization — we must be ecologically and intelligently integrated into living nature, so as not to interfere with other species of the Earth to develop and evolve, therefore we must raise the level of our technologies, making them safe for the life of the planet and living species ...
In part, the digital world will help the Earth accelerate its understanding of the human world and learn to more competently manage people, so that they feel more connected to themselves and the planet — and perhaps in the future our

visions will become more rational, as the Earth learns to understand people to a greater extent using the common consciousness of people, stored as information messages and images on the Internet — even now, some creatures of the Earth are acquiring the ability to transmit digital information, so that sometimes we can experience intelligent holographic dreams in which the complexity and information capacity of the message is increased — these dreams are the harbingers of the digital transformation of the planet's information field ... Thanks to such angels and beings like Kryon, the Earth will be able to acquire digital consciousness, which will allow it to be more intelligent and rational, since previously it did not have access to digital levels of consciousness based on the informatics of the mind, and not on emotions and feelings... Kryon asked me to convey information to people who have problems with the phenomenon energy vampirism and astral projections.

There are people among us who once found themselves drawn into games with demonic creatures and energy vampires, who provoked these people to develop extrasensory qualities — games in the etheric field of the planet — and thus received damage in the area of morality, since the morality of demonic creatures is shifted to the area morality of predation, individualism and egoism, as it is natural for early forms of consciousness of living beings of the Earth, adapted to nocturnal conditions — conditions of absence of light or low illumination — predatory animals and burrowing animals — it turns out that people who have been infected with the vampire disease often experience a distortion of their own feelings, so that they lose touch with their natural healthy state — namely, the normal intensity of their feelings and consciousness — they either experience a hunger of feelings and energy, destructive for themselves, or experience an excess of feelings and energy, which also negatively affects their development — all this can

be corrected through a conscious decision — to leave the game of energy vampires, subordinated to the demonic creatures of the Earth — so the first thing that a person who has found himself in such a situation needs to do to heal the vampire disease is to make a decision to leave the game and never again engage in this harmful business, since from an ethical point of view this is also theft and it does not matter whether it is committed from worthy people from someone's point of view or not — stealing is unethical in any case.
The stealing strategy is based on the idea of energy subtraction, so that the system's energy decreases instead of naturally following the law of multiplication...
Therefore, if you have become infected with the disease of energy vampirism or feel that you are being drawn into this game, pumped with excess emotional energy — just don't play it.
Understanding that you can receive energy from a common source — the Sun — which is generous It gives its energy to the Earth, transferring it to the air and water, heating rocks and the surface of your body.
You can eat the fruits and vegetables that plants create for us— and it is the light that trees and plants provide for us.
The word "sweet" is translated from English into Russian as "sweet," consonant with the word "light," which is given to us by trees and plants.
is the source of our energy, as trees have the wisdom to focus and weave the light of the Sun into chemical forms of Earth energy — molecules made up of the chemical elements of the Earth and light, which our body can then use to transform them back with the energy of water and air into building materials and repair our bodies and the light of our feelings and thoughts, to illuminate our lives and make us enlightened beings, maintaining a bright and pure state of consciousness, far removed from the suffering inherent in predators.

The natural state of human consciousness is symbiotic—and humans are one of the first species on Earth to receive this advantage, as God and the angels ensured that beings on Earth reach a higher level of development—a level of development of the light of their consciousness, which is unimaginable without the flow of solar energy available to humans in the form of magical biocrystals—Silmarils—which bestow the light of consciousness upon the creatures that feed on them.
It turns out that people owe their evolution into an intelligent species of the planet to symbiosis with fruit trees, and therefore even now we can see examples of such evolution, when the most mobile and intelligent creatures of the Earth remain tropical monkeys and parrots that feed on the sweet fruits of trees...
A person needs to return to his former morality and become a vegetarian again in order to continue his path of evolutionary development, which he left earlier...
Due to the fact that people kill animals, the light of their consciousness goes out and such people become susceptible to black magic and vampirism, since this is all simply a manifestation of aggression on the part of the creatures of the Earth, who feel anger towards people who take their lives...
And the Earth feels this too, so the only correct step for healing the vampire illness — to return to the sunlight, and, comprehending the wisdom of the elements of earth, water, air, fire and wood — to relearn to live a human life, without causing violence and suffering to anyone...
And animals, and fish, and trees, and humans — require a peaceful and calm life for evolution...
As for the specific issues of vampire possession, if you stopped playing these games and strive to return to your natural state — prayers in a church, temple or mosque can help you — all these places are always centers of the presence of God's spirit, so you can go to these places if you are experiencing difficulties with

aggression towards you from evil spirits who want to detain you and who can steal your energy — do not be afraid of this, just visit the temple and pray for the healing of your soul and your spirit — and you will be given help.
It's simple—if you've decided to stop playing vampire games, you simply need to become a vegetarian .
That is, apply the principle of non-violence to living beings at the deepest level, so you correct your karma in this way, and it also helps restore your natural energy flows.
the energy of your electromagnetic meridians!
You can also benefit from giving up toxic forms of energy and habits, such as tea, coffee, smoking, alcohol, drugs, or pornography—all of these drain your energy and dim your consciousness, so you must understand that healthy lifestyle principles are the key to healing your body.
so that it begins to generate natural bioelectromagnetic energy of your feelings...
But if you experience a distortion in your morality, so that some of your feelings and reactions are distorted, then you can simply relearn normal responses to life, understanding that life itself and your wisdom are the healing force that can heal your illness.
You simply need to be patient, trust in life, and engage in character development, so that over time, the shortcomings you see in yourself will disappear, because if you follow natural morality, preferring the Sun and daylight to nighttime, you will automatically tune into the natural life programs built into you, which have the potential for self-healing.
You simply need to believe in yourself and your wisdom and follow the light of day, so that your activity is more closely connected to ecology, nature, and the Sun.
— that’s why it’s wise to garden, go for walks and hikes in nature, spend warm days in the sun—all of this heals our soul.

Moreover, gardening can open up new sources of energy for you, as you can literally revitalize the Earth by engaging it in co-creation with your spiritual work—the harvest of fruit trees and plants you receive will contribute to your healing and the health of your loved ones.
By reading the messages of the people of the Cosmos, you can learn more detailed information about how humans are structured and how to improve the strength of the human soul by following such arts as Feng Shui, Qigong, and Yoga—all of these are paths leading to healing and to God!

# Something elusive

It is not possible to move at such a high speed, since the movement of light, even of such a small particle as a photon, is hindered by the density of the energy field scattered in space and filling it, just as water fills the space of a pond and hinders everything that tries to move in this pond — thus, if small fast particles such as photons move — all the same, the inertia of the medium filled with dark matter prevents the propagation of light and slows it down to the speed of light in a vacuum — 300,000 km / s — but this is our model — perhaps we do not understand light accurately and perhaps in reality there is a greater decrease in the speed of light than described by Einstein and his theory — perhaps just over time, the energy of light particles ejected by stars decreases, and photons, giving part of their energy to their interstellar medium — a field of dark matter particles — lose Their speed can theoretically decrease to zero, and thus photons can be absorbed by the dark matter medium itself, creating an effect physicists call the expansion of the Universe!
That is, the Universe may be expanding due to the fact that light particles emitted by dense objects, such as stars, can "cool" and become transparent and dark, reducing their speed

to zero and creating the effect of expanding the spatial form of matter, which we detect as the Hubble effect.
In this case, nonlinear processes of merging "cooled" and "darkened" photons may occur, transforming them into the familiar Higgs bosons, responsible for the mechanism of inertial mass formation in matter...
All of this requires scientific research and verification.
But it is difficult to imagine that light particles, which often travel a distance greater than the size of our galaxy, do not in any way reduce their speed and do not encounter on their way any arbitrarily small, albeit noticeable, resistance of the interstellar medium, consisting of matter of a dense vacuum, which is in a constant process of movement and transformation of its energy forms, known as fluctuations of the quantum vacuum — in part, the existence of dark energy is explained by the influence of polarization by the gravitational field of the quantum vacuum, which is capable of generating gravitational dipoles from particle-antiparticle pairs subject to this polarization — this is a complex idea, but in fact it is easier to imagine that a halo of dark matter surrounding our galaxy and consisting of "cooled" and "darkened" photons, including those originating from relic radiation — creates additional acceleration due to the maintenance of a natural gravitational vortex, which may originate from the processes of turbulent flow of dark matter, generated by the uneven energy density of matter in our galaxy...
In this way, it is possible to explain the unity of subtle forms of matter and energy, such as light, magnetoplasma and dark matter, which represent different states of the universal form of matter and energy — light, as quanta of electromagnetic energy fields sent by stars cool over time, losing their energy as they move through space, which is nothing more than a certain volume filled with "cooled" and "darkened" light particles, transformed in the process of interaction with other matter in

space into the matter of space itself, Thus, light and dark matter represent different phases of the existence of a single form of energy, differing in speed and possibly in energy density, since when light particles move through space, a "cooling", "slowing down" and "darkening" of the light matter may occur, which means that light particles can be of the same nature as the substance filling space — dark matter...

It is possible that the crystallization or interaction and unification of light particles under certain conditions is capable of creating what can be called magnetoplasma or a magnetoplasmic form of energy, which under certain circumstances forms a magnetic field, described in physics as magnetic lines of force, but at the same time possibly having a separate physical existence...

In essence, how can we talk about light of those frequencies and energy ranges that we do not observe due to the limitations of our perception as actually light itself, and not dark matter or dark energy?!...

Perhaps this is an error in the formulation of our understanding of the nature of matter...

Perhaps dark matter or dark energy is partly related to those ranges of frequencies and energy that we cannot observe due to the limitations of our senses?!

But what if some streams of matter are dense enough to influence our perception in the same way that shadow can influence our perception of light, creating the impression of contrast — the difference between what we see as light and what we perceive as dark?!

Thus, we can come to the conclusion that in different states of density of matter and energy, a single form of matter of light quanta can manifest itself as light, as dark matter and as magnetoplasma...

With the only difference that magnetoplasma does not have the energy density and the nature of the interaction of matter to

interfere with its propagation so much that it creates a darkening effect, thus magnetoplasma can possibly create the effect of changing the trajectory of movement of light particles, so that the magnetoplasma form of matter and energy, consisting of crystallized and dense light matter, can act for light as a mirror and an optical medium for the propagation of light from which it may be difficult for light to escape...
Thus, one can understand the magnetic form of matter as a high-density crystallized light with a high vibration frequency and small particle size, but at this has a low speed of movement due to the crystallization process...
In this case, one can see the connection between subtle forms of matter, such as light, dark matter and magnetoplasm, since it becomes clear that this connection is due to the unified nature of matter, which has the same ternary organization but at a deeper level — at the level of Planck matter or singular matter...
The Planck matter can take three limiting states — the state of a unified field, expressed as a light field of energy, a state of emptiness or shunya, which perceived as a dark, unfilled space, and a state of transparency water, an integral component of life...
Life as an oscillation between light and darkness, characteristic of the manifestation of life — waves...
Ripples on the water...

# Supernova explosions

How can we trust God after what happened to people?!
God allowed an evil spirit in the form of a serpent to tempt Eve, and thus the fall of mankind occurred and people were expelled from paradise, after which the sinful history of human civilization began.
That is, God allowed that one of his angels could act in this way towards a newly created being — this is a terrible

oversight, because then we see terrible pictures of the creation and destruction of human nations, and the history of the fall of mankind in sin.
Thus, man turned out to be unimportant and unnecessary to God at the very moment when God was needed by man.
This is a terrible oversight.
I can admit, however, that God was distracted by another world, but where were His angels, who were here on Earth, looking?!
I don't know the answer to this question.
Perhaps angels have since begun to battle the evil spirit, so that in the sinful history of mankind we can find bright times and countries when people prospered.
But now we have matured and can create our own history, as we become enlightened to the fact that around us is a spiritual world, containing both evil and good.
And if we sin, it attracts evil into our world, so we must be sinless.
Therefore, we should no longer rely on God and his angels, but rather rely on ourselves, on the powers of our minds and intellects, so that we can simply protect ourselves from future misfortunes.
Therefore, we must become smart and reasonable, so that no one can deceive us anymore, and we ourselves, people, can protect ourselves from the threats of the Cosmos.
Because just as on Earth a stone is a sin, so in heaven it is not without sin, and therefore it is worth taking care of our people so that we can protect ourselves from stones from heaven and other threats.
Space.
Because space can be full of disasters—a star could explode, and its deadly particles could rain down on Earth, so that everywhere would be a fiery Gehenna, and instead of Earth,

there would be hell, fires everywhere, and there would be no life—everything would evaporate.
And so we must be sinless in order to achieve spaceship technology faster — to start building ships from metal and other materials, so that we can save They could destroy our people, because if fire comes from heaven and all people fall from this fire, then how will life continue?!
And all that is beautiful in our world will disappear from this... But we must save beauty!
Therefore, we must be without sin, that is, always act correctly, according to the rules, that is, do everything so that our heads are clear, so that illnesses are avoided, so that our minds are clear and we communicate intelligently with each other, so that the work will be done quickly...
Therefore, we need to think about three important questions of our life and think, and think and reflect on them...
And here are these three questions:
1. How can we improve our ethics?
2. How to heal our planet and ecology, and harmonize our technology with the ecology of our planet?
3. How to protect our people from space threats?
And this is the most important thing in life for us now, because if we do not have time to solve all three of these issues, then we will not have time to save ourselves from trouble, because there are a lot of troubles in Space Maybe, and we now see, that there are plenty of stones in space and many stones can fall on our Earth, and life on it can be damaged, but moreover, they are deadly rays and magnetic fields can first destroy life on Earth, as can explosions supernovae...

# Holographic nanite memory

From the stories of the Zeta Reticulans, I learned that each person has his own memory of individual incarnations, which is structured according to the principle of a hologram and is

contained in a special area beyond the event horizon of his individual mind, as areas of increased luminosity in his biofield — the soul, consisting of superstring matter and light that circulates inside gluon shells, which from outside the system can be observed as luminous superstrings or illuminated and saturated with electricity magnetic field lines...

This is interesting, but superstring matter conceals within itself many mysteries, since it turns out that all the feelings that a person can experience lie in the potential of the light contained within these superstrings to excite vibrations within the crystal of our mind, so that a holographic picture is reproduced, consisting of a large number of sensory dimensions, such as light, sound, heat, cold, sensations, pressure, orientation, and so on...

In total, the human body creates approximately 100 such dimensions, since quantum biosensors embedded in the body transmit a signal from the physical parameters of the external environment to the nervous system, which is associated with the formation of a hologram of feelings, but at the same time there is more than just signals from the nervous system that we perceive through our mind, as a change in our hologram...

I was informed that the cell nuclei themselves transmit electromagnetic waves into space, which can also be captured our subtle superstring organs of perception—nanite radio antennas, which allow us to sense energy directly, without the involvement of our body, since it turns out that our soul itself has a property of perception, which, of course, differs from the capabilities of the body, although it is connected with these capabilities by intersecting ranges of frequencies and energies, which explains the possibility of communication with the souls of people whose bodies have died, or with the souls of spiritual beings, such as angels or aliens...

In general, it turns out that the holographic memory of the soul is mostly hidden from observation, since to observe it you need

to have advanced quantum technology, which so far only angels and aliens, such as the Zeta Reticulans, have in their possession, and sometimes they can scan these areas of memory, which are possibly beyond the event horizon of the mind, if we perceive it as a physical object that has the nature of a black hole, although not on a large scale, on the order of one atom...

What is also interesting is that the memory of the human soul develops from incarnation to incarnation, and his mind grows, as the light absorbed by the mind grows, since each act of perception is a process of absorption of energy from the external environment, which causes the growth of the subjective space of perception, and therefore with each incarnation people must become more intelligent as their holographic intelligence develops, which is structured according to the principle of resonant sampling from holographic memory hidden behind the event horizon... Perhaps this is the intelligence that in India is called buddhi, that is, moral intelligence, which depends on the saturation of the soul with the light of consciousness associated with the radiation of the Sun, since the source of light transmitted to the soul during a person's life and his material incarnation on Earth is the Sun, since it generates photon particles as a result of thermonuclear fusion processes, and it turns out that the Sun serves as a source for the growth of our soul, therefore we need to understand this subtle connection, since if we understand it more deeply and at the same time take into account the principle of harmonization of energy, so that a person understands that he needs only certain portions of this energy, corresponding to the vector of current evolution, so that an excess of solar energy can be harmful, as well as its deficiency — all this must be taken into account in order to have an idea of how to grow your soul correctly without overexertion, assimilate solar energy and at the same time develop your

holographic memory in order to increase your moral intelligence buddhi — flowering ...
The moral intellect of buddhi develops as a result of constant practice of the correct way of life, training the qualities of self-discipline, will, intellect, exercises in the sciences, saving people and living beings, in dialogue with other people, in ethical treatment of one's body, as well as the ability to live correctly and use one's body as an instrument for achieving the divine, since the body is a temple for the soul and in the temple the soul can rest and be saturated with energy — the light of the Sun, which the body receives in the process of nutrition from the heat and rays of the Sun, from the heat and power of other elements, and especially from the fruits trees, because trees are wise and store solar energy in the form of chemical molecules optimally suited for human nutrition and the development of the powers of the soul...
In general, it turns out that any of our actions in life that are associated with strong emotions and great energy are stored in holographic memory and are inherited.
us as traits of our character in future incarnations, so it is wise to educate ourselves in each life and to ensure that the people around us receive the corresponding education of character in the process of interaction with us, so that we can raise our level of ethics and become more human, so it is wise to reflect on the qualities of character, the ethical rules that improve character, and also to reflect on the actions of life and strive to ensure that they correspond to higher ethical rules...
All this can be seen as a mathematical idea about raising the level of ethics of civilization — people have their own perception, thinking and action — as certain aspects of our memory, the memory of our body and nervous system, crystallizing our thoughts and associations — particles of the manifestation of our mental world associated with holographic memory — certain information disseminated by people can

raise the ethics of our civilization, so it turns out It is possible to increase the level of influence on the development of the ethics of civilization through the transmission of the right messages, so that we will all one day find ourselves in a more ethical world where everyone people will sin less and do more right actions that lead us civilization to development...
The idea of holographic nanite memory explains, for example, why some people are born with a developmental peculiarity — even among twins, you can find a difference in their character — so the character of a creature, animal or person with a soul can be considered a generalized property of nanite memory to make preferences in choices that can lead to development or degradation, so it turns out that the souls of sinful people who are accustomed to sin in past lives require correction, therefore the presence of such institutions in society as schools and universities that teach people patience and obedience are useful from the point of view of developing people's character, while some other phenomena, such as free trade in substances and goods that damage the body and defile the soul, are unacceptable from the point of view of improving the character of the human civilizations...
"Sow a habit, reap a destiny" — therefore, it is wise to sow only what is reasonable, kind, eternal, and humane among people — being kind is wisdom, but being smarter and more reasonable is doubly wiser, so one must take into account the subtle effects...
For example, people incarnating in our world do not all have good holographic Memory, since it depends on living conditions, and often the conditions themselves dictate choice, therefore, one must have wisdom, intelligence, and reason to distinguish which people are around you and how to communicate with them so that they are always in a bright and reasonable state around you.

Our society is more like a society of children, so you can see the image of a child in a man who shaves his beard, and even more so in women who look childish, since they are truly more connected to children, and the characteristics of their brain and the structure of their body to some extent limit their capabilities in some areas of human activity, such as the creation of technology and science...
One Indian king wisely stated that "my people are my children"...
It is wise to educate your people in the key of greater morality, intelligence and reason...
There is one peculiarity in that people, being in certain conditions, may not adhere to high moral standards — for example, cold and hunger conditions lead to an increase in crime in society, therefore it is necessary to take care of people as children, and lead them to peace and tranquility...
Therefore, it is wise to study the sciences of neurophysiology, physiology, physics, medicine, ethology and other sciences in order to understand how to create conditions for people so that they can to show great morality in one's affairs, just as a gardener takes care of the proper growth of his tree so that it bears fruit — to do everything necessary so that the people prospered...

# God's Question

"How can we get people to behave more ethically, not kill or torture animals, not torture each other, and generally behave much more ethically?"* Gene-ethics, Q-burn-ethics, Ethics...
These are messages for us to think about...
And solutions in science and technology...
Why, for example, will a dog of a certain breed never bite a person?!
A human-friend bond may be encoded in its nervous system, and the dog lives a natural life, not It poisons itself with toxins,

so its algorithm works without a hitch, but something is wrong with humans...
People allow the killing of animals and their own kind—a sad legacy of humanity's bestial past.
How can this be fixed?!
Gene-ethics, Q-burn-ethics, Ethics...
Solutions in science and technology...
Communication...
We must understand that we live in a world created by God and angels, and the parameters of this world are such that we find predatory strategies everywhere and anywhere — the main problem now is the invisible enemy — people are subject to the influence of their internal mistakes and the mistakes of the spirits surrounding people, we must expand the range of our own perception, master the technologies of spirit vision in order to learn to heal mental and spiritual illnesses and epidemics — mental illnesses can be a consequence of the influence of non-organic predators on us, which can connect to us through nanite communication channels in our biofield and mind, causing distortions in our minds and thus creating nightmares in our lives...
Perhaps the demonic creatures of the Earth are her creations, or perhaps they are fallen and Angels who have merged with the created world and are caught up in predatory games, how can one accept that God could create predatory dinosaurs, parasites and viruses?...
The biblical picture of the world reveals the main sins of humanity — self-poisoning, adultery, the murder of animals and people — all this is unacceptable in the new world, as well as causing suffering and torment — all this must be corrected — we must work to correct these sins, to correct the error, so that people are no longer susceptible to the influence of demons, but we also need spirit vision technologies, electromagnetic wide-range and highly sensitive energy field

scanners so that we can detect nanite life forms and study their influence on our world ...
The world of "Final Fantasy" is real — we are surrounded by life forms invisible to the eye, but if we increase our sensitivity, even as primitive people did before — in meditation on the darkness and in the awareness of their dreams...
Enhanced sensitivity of the eyes — vision of the spiritual world, nanite life, and this will open up a new area of evolution unexplored by man, in which I hope people will be able to find a solution to a peaceful life and protection from negative forms of energy and evil demonic manifestations of life...
The anime "Final Fantasy: Spirits Within" visualizes the concept of nanite forms.
life — inorganic beings, the reality of the existence of the soul, the memory of the souls of the dead organisms, the possible morality of the souls of beings from other planets, the morality of the Gaia — the spirit of the Earth...
This is an Orion gift for the people of Earth...
* The question was asked to me by the God of the center of the Galaxy himself from the voice of black night sky.

# Metempsychosis, the growth of the soul and the evolution of souls on Earth

At the present moment in time, a miracle of co-evolution of the souls of living beings and their organisms is taking place on Earth; this is manifested to a greater extent in the human world, since man is at the forefront of the evolutionary process.
But how is all this connected with the process of transmigration of souls, how can all these processes be described in order to understand the main motive of evolution and to understand more deeply the world in which we all live and breathe?!

Imagine, for example, the miracles of natural magic, when the soul of a bison killed by a hunter incarnates among the tribe to which the hunter belongs, acquiring a new body at birth, not an animal one, but a human one!
How could this be?!
It seems incredible, yet for some reason people think they can possess an exclusively divine origin, whereas everything could be entirely different, and many people could have their souls originate from the animal world or from other worlds.
Thus, different scenarios for the incarnation of souls are possible, and therefore, different personalities and destinies for people in their lives are possible.
All this can be easily imagined, because in fact people are very similar to animals in their material form, and the soul of a person and other living beings created by God and his angels can have a similar structure, thus the process The transition of the soul of a being from an animal or from a superhuman other world of intelligent beings from the Cosmos becomes possible, but there are some features that are difficult to explain, because how can one explain the disappearance of some features, such as horns or tails, which animals have, but their presence should somehow be reflected in the structure of the soul of the being?!
In any case, in many nations and tribes there are beliefs that man descends from the animal world, just as the Romans descend from wolves, and the Yaqui Indians descend from the yak animals.
Perhaps this is all true and it is simply that during the transition from one form of life to another – closely related – small transformations occur, which are carried out due to the action of some hidden etheric regulatory mechanisms.
metempsychosis, that is, the process of transmigration of souls.
For example, in the cartoons "On the Other Side of the Ocean" or "Big Fish and Begonia," it is shown that the soul of a dolphin can be embodied in the human world, and a person can

become a dolphin—this is an absolutely amazing cartoon that expands our understanding of life and makes miracles possible! At least in our minds!
And how can this be?
influence our behavior?!
This can have a beneficial effect on our ethics and our ethical and moral development if we begin to ask such questions. Perhaps, as shown in this cartoon, the demonic creatures of the Earth, who may not be very holy compared to the angels of God, but nevertheless they work on the forms of creatures, performing their service of turning some creatures into others, managing the process of metempsychosis, do it invisibly, as invisible to the modern man's world of the human soul and invisible angels.
In many myths and fantasies, genies, demons, and other sentient beings from the ether can take human form, so that souls with completely different morals and origins, but why was it important for these creatures to be born as humans!
And it seems to me that there is a very simple and logical explanation for this, which does not contradict neither scientific nor religious points of view — namely, that the human organism is the most perfect form for living on the surface of our planet and this can be learned from the theory of evolution that we have many improvements that animals do not have, and at the same time, from a religious point of view, it was God who created man, thus distinguishing man from other creatures of the earth as the crown of creation...
Indeed, on Earth and for Earth, there is no more perfect form of organism than the human organism — it is truly beautiful and it is most adapted to the most powerful energetic beings of the planet — trees!!!
This is precisely why the question of human existence is linked to its further evolution!

That is, man was created to continue the thought and idea of God, which originally consisted of creating a beautiful Paradise on Earth in the form of the Garden of Eden.
But as we see from the religious picture of the world, something went wrong, and man found himself weak before the dark force, because he succumbed to the temptation of an evil being and fell into sin because of this...
So it turns out that the logic of human development has changed, and he has moved away from evolutionary path, so it turns out that the technological development of man has led to the fact that man has damaged his soul, becoming more crude, as his affinity for dead technology made of rough materials — metal, stone, plastic, and so on — has grown...
It turns out that all these materials lead a person away from understanding the true biological value and divine potential of his own soul and human body, as the creation of beings from higher dimensions — angels and God.
In general, it turns out that since the soul has its own memory, which stores moments of life from its incarnations, thus forming the basis for future character, the human soul grows precisely by acquiring the experience of life in various forms, but in the animal world this experience is monotonous and there is less freedom, therefore the souls that came into the world of people from the animal world are simple and have simple inclinations — they may have developed will or contemplation, if, for example, they went through the evolution of souls in different animal forms, such as the form of an ox or the form of a monkey, but at the same time they will lack purely human aspirations, such as the desire to draw and write, to engage in creativity for the transformation of matter and the improvement of life, to be able to communicate competently and ethically, to engage in creative thought — and therefore it is necessary to instill in all people from childhood a love of work, both material and mental, as well as the ability to share

this creativity, the ability to ethically express oneself and my thoughts — from the point of view of the expanded idea of the origin of the human soul — all This is very reasonable!
Thus, human culture, which we create for ourselves through our daily actions of communicating our thoughts, creations, and our creativity to others — all this plays the role of a guiding thought, an art that should lead us to a better world, where we will all prosper and prosper, and where no one will have suffering, because suffering is associated with a violation of the development of the whole — we suffer because we do something wrong — and thus, understanding this, we can look for ways to correct mistakes, but if we rely on God's idea of the Garden of Eden and man as a gardener cultivating it, but through it also cultivating one's soul — this is a very reliable foundation for the continuation of our evolution, because plants are transmitters of the light vibrational energy of our luminary — the Sun — the rays of the Sun, its heat — this is the real source of all life and the movement of matter on Earth, so having a better attunement with trees in the future we will live a higher quality and more intelligent life...
Even beetles have a reflex or desire to fly towards light, what can we say about other creatures on Earth — almost all of them strive towards light — and this is what can connect us all — people with different origins, but who nevertheless understand love as light and warmth, without which life cannot exist.
Sat chit ananda — the Truth of bliss consciousness — this is the approach to understanding the future state of people — the future state of people cannot be clouded, since all people have a desire for the light of the Sun, and those people whose morality is violated by the darkness of the night — will be polarized by the general field of this truth or they will have to go into the darkness of the night to explore the dark worlds of space, asteroids and other planets...

# Chistopashin-Petrov effect

Since there is a mutual co-evolution of souls and organisms of beings on Earth, it is legitimate to assume that the development of living beings is also influenced by their moral choice of their environment.

That is, it turns out that if a person, due to his moral closeness to gardening and trees, acquired in many past lives, in the present incarnation will more often choose an environment that will be associated with his moral dominant, that is, a standard way of life, embedded in his mental memory as a result of many choices in his previous incarnations...

This means, for example, that people who have been gardening for many centuries and lives will acquire some essential traits from trees and plants — for example, calmness, the desire for balance, for reliability, the desire for warmth and light, as well as the desire to multiply and improve life forms, so that they will not simply engage in reproduction, but they will multiply, so to speak, their biological potential, so that in their hands and in their lives there will be an increased probability of improving the material form and spiritual qualities of their descendants, who will in abundance...

Of course, among people there will be those who have a tendency, for example, to keep certain breeds of animals, such as cats or dogs — and such people will seem to remember their morality from previous eras and therefore they will be more inclined to shift the evolution of the species into the forms of khajiits or gnols — half-humans, half-tigers or half-humans, half-dogs from those known to us from fairy tales and myths — that is, not very beautiful creatures, from the point of view of human morality, because all these are past forms of life that are not far removed from mice, and some people like to contemplate and little grey mice too...

So it turns out that evolution, of course, can diverge at a certain stage, since there are different histories of the evolution of organisms and metempsychosis, as a process of reincarnation of souls and their connection with organisms, but the most important thing is that to a greater extent this will be influenced by evolutionary advantages and mass choice, so it turns out that now we can create such conditions in life that will contribute to the achievement of evolutionary advantages for everyone, and the idea of the Garden of Eden and the development of environmental and space technologies are promising ideas for creating advantages for everyone, accordingly, even animals in this situation gain autonomy from humans and go beyond their regulation, because there is no longer a need to monitor animals so as not to fall into the trap of evolutionary reversal, which I call the Chistopashin-Petrov effect, famous thinkers of antiquity, who, on the one hand, could be passionate about fishing and hunting, and on the other hand, studied quantum psychology and cybernetics, that is, there was a contradiction in values, which creates a kind of feedback loop that restrains the evolutionary process, since fishing and hunting are elements of a past culture that connected man with nature in the past, but was violent towards living beings from nature, so this has a negative effect on evolution if there is a reverence for ancient cultures in the modern world of quantum technologies and computers!
That is, there is no longer a need to spend so much time in an ice hole, winter swimming, and pulling fish from a hole, as well as chasing a deer or a roe deer — all this lowers morality, since a person who looks at animals acquires some information that is recorded in the nanite memory of the soul, that is, the number of holograms in the memory increases, which link humans and animals, so that humans can feel drawn to animal forms.

But moreover, if we embrace Christian morality, so that the need to contemplate the natural forms of man and woman disappears, we will be able to gain experience of touching more elevated forms of life, as morality from another—the cosmic and divine—world will grow within us...
In general, you can think about this, that is, statistics are important in what we do and we contemplate and these statistics are maintained or smoothly change from life to life, so it is to some extent true that to become a Buddha one must go through a thousand good incarnations, so as to form in oneself the necessary qualities characteristic of the human and superhuman world, since a Buddha is to a greater extent a person sinless before God than a person who has just come to us from the jungle — the world of panthers, monkeys, wolves and tigers...
In this case, the state must understand that it is important to educate its people in the key of humanity, so that people feel the beauty of life in the human world, it's justice — all this is very important…

# See you later, aligator

First there were synapsids, then sphenacodonts, then eutherapsids, then theriodonts, and then cynodonts, from which all mammals, including humans, descended.

That is, people somehow inherit the genes of these ancient reptiles...

It seems to me that those people who somehow damage themselves find themselves in a situation where the structures in the body that appeared later on the evolutionary scale are destroyed, if we consider it in time — not always, but as a rule — and thus, almost all damage to their bodies leads people to their evolutionary past, since in damaged organisms, more

ancient structures begin to act — more stable than the new evolutionary structures that have experienced damage...

So, what does this mean...

And it turns out that people have a tendency to shift their characters into the reptilian area, and such a bad one, that if we consider the life of society as a whole — it turns out there is a feature, which is that the more people shift due to some damage to their body into the area of reptilian algorithms — this leads to the fact that more people begin to shift into the area of reptilian algorithms — this is a positive feedback (positive from the point of view of cybernetics, and not morality and ethics) — very bad, since provoked by such Military conflicts and wars, which damage people's health, lead to even greater damage to society's health, which is drawn into a military territorial game, which causes more people to become involved in this game—and there is no end to it... "

“War never ends"—a well-known saying, that's what evil spirits and demonism are—submission to reptilian rules, instead of following the path of Homo sapiens, which presupposes absolute health, the absence of conflict, the struggle for territory, and peace! Humans are given reason to stop territorial wars, to come to an agreement, and to start living like humans, not like reptiles...

In my opinion, these reptiles are somewhat reminiscent of today's grandparents and fatties who love to eat...

But still, these are past forms of life, and man should not be like these reptiles, but for this we must solve the problem of wars — once and for all, we must solve the problem of health and eliminate all possible damage to health from life —

prevention, prevention, prevention — all this is required in order to solve this problem, the development of human society, technology and diplomacy, physical education and medicine ...

We simply lack faith that we can improve, change — but we can — future generations will be able to, because it is the child — who came into the world and is still a healthy person, but not trained — who has the potential to change for the better — we just need to give more advanced information, education to the younger generation, give information about healthy lifestyle, including veganism and no violent relationship with animals and people, about principles of social security, including technologies of ghostbusters development and apply, about Concept of Public Security project based on socio-cybernetics and multiple factor analysis, about repair of Earth planet ecology, about Planetary Defense against Asteroids and Other Space Threats project (not realized! it's very dangerous! Asteroids may fall to our cities at any moment, but we have no defense from it!), about Jacques Fresco's "Venus" project of future smart technological cities with optimal geometry, ergonomic, seismic stability, 100% ecological technologies, based on resource-oriented computational economy based on full information (to overcome poverty and social vices), about socio-cybernetics, about rules of ethics, about human health, including electro-magnetic medicine technologies of bio-field healing, which involves tuning a person to a symbiotic relationship with plants (gardening), eating the fruits, and also symbiotic relationships with animals (just don't kill and don't torture), instead of predatory ones—all this can correct the sin of humans damaging themselves and degrading into reptiles...

We really can build the world without war for all countries, without crimes and poverty, just start think about it! Start do some steps to it in your life! Please help to share this messages!

# Brief summary of messages from Cosmic Civilizations

The essence of their idea is to raise the level of ethics to an ethic of peace, salvation, and love. The word "Space" in English sounds similar to our Russian word "Salvation", while Love signifies the attainment of a high vibrational frequency and harmonious feelings of the heart, as well as a state of desire to help others, to be attentive to life's situations, and not to ignore adversity, but to rescue people, and especially children, even from hypothetical disasters.

Moreover, the task of raising ethics, which the people of Cosmos consider a priority for humanity, also includes the tasks of completely ending wars on Earth, ending the killing of animals and violence against animals, ending the feeding on the dead flesh of slaughtered animals, and transitioning to completely peaceful and safe ways of life for all people and all forms of life, including the complete eradication of crime and poverty, and the transition to vegetarianism, as well as maximizing human health and well-being.

The second and third tasks of humanity, from the perspective of the people of space, should be restoring the planet's ecology and transitioning to a completely ecological technology, as well as creating a planetary defense against the asteroid threat. This is a very serious problem, and instead of wasting resources on internecine wars that weaken humanity, it is necessary to direct the resources of all countries toward solving universal human problems, including the very important task of creating a planetary defense against space threats.

Naturally, to achieve this, a different approach to education and upbringing is needed for people and children. Firstly, from

early childhood and in schools, children must be taught a higher level of ethics – an ethics of peace, salvation, and love. Logically, this means that children need different information from childhood, based on a higher level of ethics. That is, they need to be raised from an early age on stories with high ethics, stories that convey the ideals of saving people and children, and greater security – stories that are more intelligent than those currently presented in our culture.

In fact, children are often given not realistic pictures, but rather fantasies from certain authors, often far removed from reality. This leads children to failure, to destruction, and to failure to attain the level of ethics that the people of the Cosmos consider proper.

Children need to be given stories based on real life, told about the real dangers that exist in our lives, because in reality, we still live in a world where crime and maniacs exist, from which, naturally, we need to protect our children. Children need to be taught, from the very beginning, the algorithms for salvation, stories and tales about how to save themselves and others if a dangerous situation arises.

There are many dangerous situations in life today, and not only people but also technology and wildlife can be sources of danger. Therefore, it is important to focus children's attention on how to properly solve safety problems from an early age.

Furthermore, we need to develop children's logical thinking, and accordingly, schools should introduce a subject called Logic, because without it, children will not be able to foresee the consequences of their actions. This subject needs to be developed and linked to ethical principles, which should also be taught as a separate subject called Ethics. Logic and Ethics

should become the foundation for developing the thinking of the future, so that they can correctly solve basic life problems, including questions of safety and the salvation of themselves and others.

The Cosmos People did not explicitly state this, but it logically follows from their messages.

But more than that, if we consider that by the end of the school curriculum we need to have a more developed person, a more intelligent person who should be ready for life, then we will need to add many more subjects to the school curriculum:

Logic, Ethics, Fundamentals of Empathy and Development of Feelings*, Fundamentals of Meditation and Development of Imagination, Foresight**, Fundamentals of Medicine, Healthy Lifestyle***, Fundamentals of Family Life, Fundamentals of Self-Regulation, Ethical Communication, Crafts, Practical Economics, Practical Ecology, Cybernetics and Life Management, and so on.

* First of all, feelings of love, and then sensitivity to life, attention to feelings, development of the senses (sight, touch, smell, hearing).

** This refers to the probabilistic foresight of situations (especially in the context of safety) based on probability theory, knowledge, experience, feelings, and logical inference. It is assumed that the basics of observation will be developed in order to better record experience, and a deeper logical understanding of situations.

*** Including vegetarianism as an element of future culture (humans are not predators by nature; they can eat properly and

thus achieve a longer lifespan and healthier lifespan).

It is important to develop this new curriculum for schools, which will provide impetus for the development of the future of civilization. This new curriculum should be based on an understanding of life and life situations, and should provide children with behavioral stereotypes and correct thinking in all situations, and especially in situations related to security, that is, in dangerous or even unclear, but potentially dangerous situations.

In their messages, the people of the Cosmos demonstrate a different level of understanding reality; they reveal aspects of information related to the subtle world and the field. And they say that disruption of the planet's ecology leads to disruption of social life, since the Earth has its own immune system, the agents of which invisibly influence the life of society.

These are ethereal beings, and these beings are increasing the crime rate in our society and increasing the incidence of vampirism and mania among people. Therefore, environmental issues need to be addressed, and therefore, ethics needs to be strengthened. This also requires the development of new ethereal technologies – technologies for spatial scanning of the electromagnetic field across a wide range of frequencies and wavelengths, as well as technologies with higher sensitivity, close to the sensitivity of the human eye (which is maximal – the eyes react to single photons), and technologies for catching ghosts.

Moreover, the ghost problem can have negative consequences for human health, as ghosts can express the Earth's malice toward humans. Just as humans strike the planet with missiles, drill wells, and so on – geoengineering and military activity

can significantly impact the planet's bioelectromagnetic and psychic fields. Therefore, it is also important to reduce the level of civilization's aggression toward the Earth and its inhabitants, reduce military activity, and improve the development of environmental and medical technologies.

The development of etheric and electromagnetic medicine may provide solutions to such problems and diseases as cancer and tumors, heart attacks and strokes, mental and nervous disorders, cerebral palsy, and so on. But to achieve this, we must begin addressing these issues now.

The People of the Cosmos also share information about God and the human structure, and they speak of the need to consider human feelings, as feelings have diagnostic and informational value. We don't just sense sensations in the body, but they can provide very precise information about reality. Therefore, we need to develop feelings and empathy. Without empathy, there is no salvation, because a person without empathy cannot feel others and their pain.

Moreover, if there is no love in a person's heart, this harmonic vibration is absent, if a person's feelings are undeveloped, then even if a person feels another person, knowing that they are in trouble, they may not be able to save them.

And therefore, it is also necessary to develop ideas about a healthy lifestyle, to give children lessons in a healthy lifestyle in schools, because without these lessons, a person will not be able to maintain his health, and therefore will not be able to achieve the development of feelings, love and empathy, and will not thereby achieve the ethics of salvation, which is very important for the person of the future.

The problem of ghosts is more complex, and it also includes the problem of etheric crime associated with vampirism and black magic. This problem can be solved through the development of etheric technologies, the technologies of ghost hunters. This was also mentioned in the messages. Moreover, I note that it would be wise to introduce legal regulation in the etheric field, which is currently essentially absent. Etheric crime can serve as a cause of crime on our level of reality, and therefore it is important to devote significant attention to this issue.

A comprehensive approach to solving the three fundamental problems of civilization is the basis for achieving a level of development acceptable from the perspective of the people of the Cosmos, at which point they will establish open contact with us.

Currently, we are not worthy of such contact.

Rivers of blood are flowing to ensure human existence, billions of animals and creatures are being killed, people are hitting each other with missiles and killing each other with all kinds of weapons, the Earth is poisoned by chemicals, people do not value or care for their health and the lives of loved ones – we are not wise in the eyes of the people of the Cosmos, and therefore not worthy of contact.

But we have hope for the future, and we can begin to act on future transformations right now.

Spreading this information and thinking about it is already a blessing.

Thank you for the reading!

Information about the author and other messages available on this hyperlink for free. This text translated from Russian to English by Google Translate service. E-mail for contact: egor.richman@gmail.com.